This Old House

63 inspiring paint ideas inside

fresh color makeovers!

upgrades with impact from $2
p. 41

> 12 kitchen-cabinet combos

> creative ways to paint woodwork

> one house, 13 color surprises!

3 EASY COTTAGE PROJECTS

charming spindle headboard

clever ironing center

small-space kitchen island

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Cover Photograph by JOHN M. HALL

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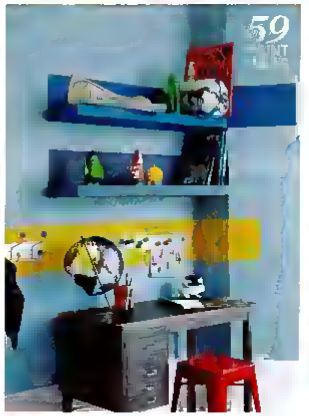

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PHOTOS (CLOCKWISE FROM TOP): RYAN BENT; COP BENNER; A. ALSON ROSA; WENDELL T. WEBBER

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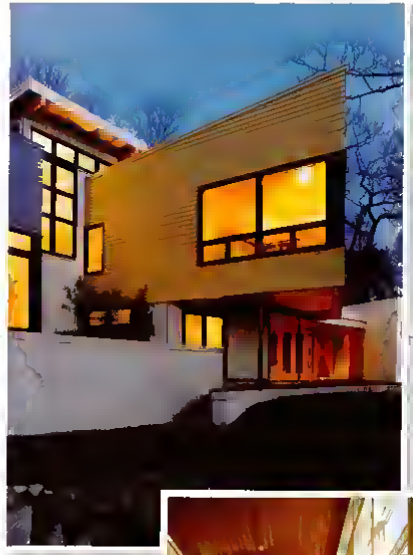

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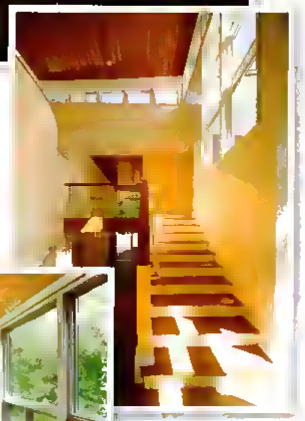

TRANSFORMATIONS

A Sustainable Showstopper

THE OVERLOOK HOUSE
A WINNER OF THE 2011 MARVIN ARCHITECT'S CHALLENGE

THE CHALLENGE Designing a new home on an existing foundation meant letting the site and the homeowner's needs dictate the outcome. It also afforded an array of creative opportunities for Marcus Gleysteen, Principal of MGA Architects, in Boston, Massachusetts and a winner of the 2011 Marvin® Windows and Doors Architect's Challenge.

THE STRATEGY With the goal of producing a light environmental footprint, Marcus took great care to build with sustainable, efficient materials—such as geothermal heating and cooling, urethane foam insulation, and energy efficient Marvin windows—to keep things comfortable during all four seasons.

Working with J&C Adams Company, a local Marvin dealer, Marcus selected windows and doors that were essential to the overall aesthetic. "In a house with so much glass, window selection was critical for design and performance of the house," says Marcus. He studied where the sun rose and set over the house, so as to capture the best light and views. A thoughtful mix of smaller windows, oversize sliding doors and expansive walls of glass take advantage of a private, natural landscape. And in a dramatic design move, the master bedroom cantilevers over the first floor, shading the terraces below while offering a spectacular view from above.

THE TRANSFORMATION Visually rich and architecturally satisfying, the Overlook House also achieved LEED status, the building industry's gold standard in sustainability. "The Overlook House is a great example of how we define a successful project," says Marcus. "It's a synthesis of form, function and engagement that meets the client's needs and surpasses their expectations."

Marcus Gleysteen
Principal of MGA Architects
Boston, Massachusetts
mgaarchitects.com

TO SEE MORE ABOUT THE OVERLOOK HOUSE
and learn how Marvin Windows and Doors enhanced this home, watch the video at Marvin.com/ThisOldHouse2

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This time it's personal

The editor amidst some of the paint choices that caused him so much angst during his remodel. Get the whole "Colorful Story" on page 92.

"What have you written, a hundred of those Letters?" my wife asked me.

"I've written about ninety," I said to her, moving my laptop's cursor one spot right, then one spot left with the arrow keys. I was fiddling, stalling on writing my Letter From This Old House. In fact, I'd stalled all weekend.

"That many makes you practically a semiprofessional," she said, smiling.

"Um, thanks, but this one is harder," I said, moving the cursor two spots right, two spots left. "*TOH* has never photographed our remodel from top to bottom before. I don't know what to say about that."

"You could say now you know what everyone else goes through," she offered. "Or look at it this way: At least you're not embarrassing me by showing them what a dump the place used to look like."

"Yeah," I said. Three spots right, three spots left, and I thought, *Yeah, indeed*. See, unbeknownst to her, that wasn't exactly true.

"They'll be inspiring to people," *TOH* deputy editor Kathryn Keller had said, that Friday afternoon before I left the office. She was talking about attaching "before" photographs to the story of my remodel. Not surprisingly, that gave me some tiny bit of pride, the opportunity to be inspiring, until she followed up with a hoo-boy laugh and "What a sight to see!" She practically slapped her knee.

"I lived in a dump," I said, glumly. She nodded.

Now unfortunately, I can't show these "before" pictures in the print edition of *TOH*. My wife gets a subscription, and I can't risk it. For some reason, though, she hasn't started downloading the tablet edition yet. Which is just silly, since for her, as for all our other subscribers, it's free. But her loss is your gain, because if you go to thisoldhouse.com/tablet and follow the instructions, you'll be able to access our digital edition, which is loaded with extras—interactive step-by-step projects, tappable tips, videos, and, of course, the dreaded "before" photos of my own remodel.

In looking over the crumbling plaster, the collapsing stairs, and the damage unchecked termites can do when they tie on the dining bib, I couldn't believe three things: what bad shape the place had been in, how far it had come, and why my wife ever agreed to marry me knowing what a dump I lived in.

Download the issue and let me know if you agree.

Love a good before and after? To see photos of Scott's place in its former frightening state, get your tablet edition at **thisoldhouse.com/tablet**. It's free for subscribers!

SCOTT OMELIANUK, EDITOR
scott@thisoldhouse.com

PHOTO: IAN SPANIER

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BELGARD HARDSCAPES

Reader mail

THE EVER-POPULAR This Old House *Reader-Created Issue, which featured winners and highlights from our 2013 Reader Remodel Contest, made a big splash. Plus, a reader shares how he got extra mileage from June's bench project.*

Reader-Created Issue

Thank you for the fantastic July 2013 issue. It was beautiful, homey, and filled with things that maybe even old me and my old husband could do.

—LUCY (AND FRED) JOHNSON GOODYEAR, ARIZ.

Grand-prize winners

I really enjoy stories of families who remodel on a low to nil budget, as we'll be in that boat very soon too. It can get depressing to look at magazines and see the home you would like to have—and the six-figure price tag on the kitchen. But when I read about the Simpsons ["Saving Grace," July 2013, page 78], who found their high-end appliances secondhand, for example, I was stoked. Thanks for sharing their story! It really makes us aspiring old-house owners see the future in a more positive light.

—PENNY V. VIA THISOLDHOUSE.COM

Cheap walkway

Re the faux flagstone tip in "Cheapskate Hall of Fame," July 2013: Reusing broken-up concrete pieces is a well-established practice. Such material is called urbanite; it can be used in retaining walls and patios, and in many other ways.

—LINDA LLOYD, BELLA VISTA, ARK.

Don't try this at home

The homeowner's entering his septic tank to cut out tree roots was unsafe ["Saving Grace"]. Only specially trained workers should do this, as septic tanks can contain asphyxiating and explosive gases. This story could have had a very different ending!

—ALVINA PHILLIPS, BY E-MAIL

HOW TO REACH US

E-mail TOH_letters@thisoldhouse.com. Please include your full name, address, and phone number. Published letters are edited for clarity and length.

READER BUILT OF THE MONTH

Dining-chair bench suite

CHAD CROSS, LAS VEGAS

My wife, Pamela, and I were inspired by "An Outdoor Bench From Cast-off Dining Chairs" in June 2013. [Find the how-to at thisoldhouse.com/sep2013.] We bought three chairs at a yard sale for $10, used two to construct the bench seat, refinished the third to match, and made a side table from the leftover front legs.

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34 new countertop ideas

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Easy ways to improve your home right now

6 FAST FIXES

☐ **Shop summer closeouts.** Now is the time to stock up on outdoor necessities for next year, as stores put furniture, plants, and other outdoor goods on sale.

☐ **Adjust fan blades.** Switch the setting so that they turn clockwise, which will push warm air down, and while you're up there, dust them with a microfiber cloth.

☐ **Check soil grade.** Soil should be pitched away from your foundation at a slope of at least ¼ inch per foot to ensure that water will drain into your yard, not your basement.

☐ **Seal air leaks.** Block gaps around windows and doors with rubber, vinyl, or silicone weatherstripping.

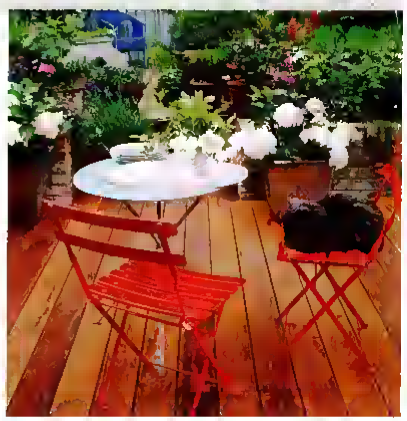
☐ **Ready your leaf blower.** Make sure oil is at the proper level, then clean the air and fuel filters according to the manufacturer's instructions.

☐ **Give trim a touch-up.** Take care of summer scuffs with a fine-grit sandpaper before painting over them with a 2-inch angled bristle or a foam brush.

PHOTOS, (CLOCKWISE FROM TOP R. CUTT): NOA BURKESS/GETTY IMAGES; JASON SHAFER/GETTY IMAGES; EMRAH UNSUR/GETTY IMAGES; MAY PHOTOLAB/SHUTTERSTOCK; VIS ONGRETTY IMAGES; LUJTHATHA; MARVIN JESSE

☑ Preserve your deck

You've put your deck to work entertaining all summer—now make sure it's ready for the upcoming winter, when wet, snowy days can cause wood to split or check. First, use a deck brightener to loosen surface stains, then rinse with a hose or a power washer. Once the deck is dry, apply a colored or clear wood preservative, don't forget to coat exposed end grain, and use a foam brush to squeeze into gaps between the boards.

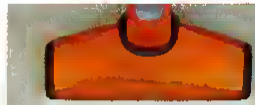


☐ Prep an emergency kit

Observe National Preparedness Month by readying your backup gear. Your stash should include a three-day supply of nonperishable food, bottled water, a battery-powered radio, a flashlight, a first-aid kit, and a wrench to turn off utilities (see a complete list at ready.gov). Already stocked up? Check that it's all still in good condition, and replace if needed.

☐ Get trees in the ground

Fall's cooler weather makes it a good time to plant saplings, since they're not putting energy into top growth, they can devote all their resources to getting roots settled before winter. Make sure to position the top of the root ball at grade—bury the tree too deep, and it could suffer as roots struggle to pick up water and oxygen. Once planted, add a thin layer of mulch to help trap moisture and insulate against the cold.



☐ Clean carpets

Summer's bare feet can actually mat wall-to-wall carpet and area-rug fibers, which get weighed down by contact with the oils from your skin. To revive your rugs, rent a carpet cleaner and give rugs a deep cleaning. Do it now, while the weather's still nice, and you'll be able to leave the windows open to speed up drying.

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COLOR IDEA

A new life for old drawers

Orphaned desk or dresser drawers—often spotted curbside—can enjoy a second go-round as decorative shelves. To make ones like these, cover the bottom of the drawers' interior with spray-adhesive-backed wallpaper in a colorful graphic pattern. Cut interior shelves to fit (we used ½-inch-thick poplar). Paint and let dry. Install shelves by tacking brads from the back and sides of the drawers. Hang the drawers using a metal French cleat kit (available at home centers for about $8). Then you'll have a shelf display that really stacks up

Hardware missing or just blah? Swap in drawer pulls with a graceful profile

PHOTO: KOLIN SMITH

10 USES

Hardware cloth

Don't toss scraps of this multipurpose welded-metal mesh. Try these clever reuse ideas instead

1> **Patch a hole in the wall.** Attach double-sided mounting tape on the back side of drywall on each side of the hole. Cut a piece of hardware cloth a bit larger than the hole, and fish it inside the wall. Use needle-nose pliers to pull it forward against the tape. Apply a thick coat of joint compound over the metal mesh, and allow it to dry before applying a second coat.

2> **Build a basket.** Using wire cutters, trim a piece of hardware cloth into the shape of a large, equal-sided plus sign. Cut along one row so that you snip off any ragged edges. File with a rasp, if necessary. Fold up the flaps and "sew" the edges together with fine-gauge wire. Storing produce? Wash or peel before eating.

3> **Craft a suet-cake bird feeder.** Make a basket from a single piece of material to fit two mini seed cakes or bricks of suet. (Ours is 3 inches wide by 5 inches long by 5 inches high.) Attach chains for hanging.

4> **Secure a banging pipe.** Form a horseshoe shape with a strip of hardware cloth; fit it around the pipe, and fold out the ends at a right angle. Fasten each side to the wall with washers and screws.

5> **Store bungee cords tangle-free.** Staple each end of a 3-by-12-inch strip of hardware cloth to a 3-by-3-inch piece of scrap wood. Affix the hanger to the garage wall; hook one end of each cord in the mesh.

6> **Create a message center.** Fit an old decorative frame with a rectangle of hardware cloth. Use clothespins to attach notes and postcards to the metal mesh, and S-hooks to hold keys.

7> **Use it as a stencil.** For your next spray-paint project, lay hardware cloth on the surface first to create a subtle grid-like design.

8> **Make a kitty-litter scoop.** Cut a medium-size circle out of metal mesh and remove a "pie slice" from it. Fold the circle into a cone, and secure it with fine-gauge wire to create a sifter for the litter box.

9> **Form a patterned drum lamp shade.** Make a cylinder by wiring together the short ends of a rectangular piece of mesh. Hot-glue fabric over it and add a lamp-shade ring.

10> **Contain tools and hardware.** Cut a piece of cloth to fit inside the lid of a mason jar for quick drop storage for fasteners and screwdrivers.

—KATELIN HILL

PHOTOS: WOMBELL T. WEBBER; (BOTTOM LEFT) MARK LARMEE

#WishGranted
The 2013 RAV4 with available Blind Spot Monitor*
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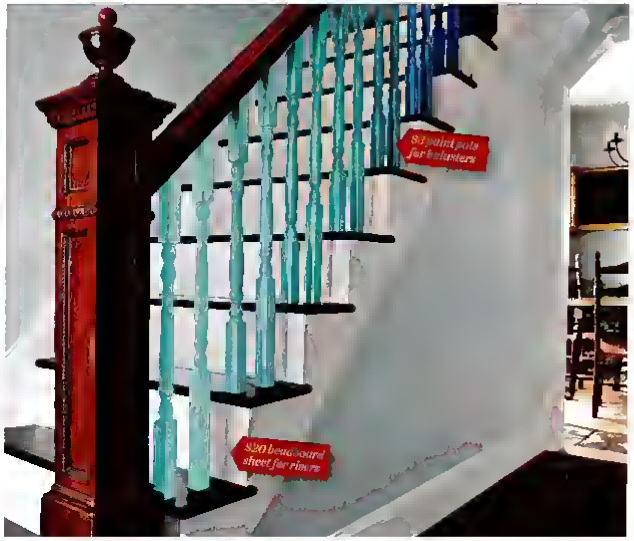
Prototype shown with options. *Do not rely exclusively on the Blind Spot Monitor. Always look over your shoulder and use your turn signal. There are several limitations to the function, detection, range and clarity of the monitor. For a complete list of limitations and directions regarding use of the monitor, please see the Owner's Manual. ©2013 Toyota Motor Sales, U.S.A., Inc.

COLOR IDEA

A welcoming foyer for $624

Fresh walls, refinished stairs, and a run of ombré-painted balusters turn a dingy foyer into a charming focal point



BEFORE

BEFORE Wood paneling and brown shag carpet made the entry gloomy and cave like. **AFTER** Soft gray walls showcase dark wood and crisp white finishes. Gradient blue balusters, starting with the lightest, Valspar's Sea Breath, add interest without feeling kitschy.

THE ENTRY TO YOUR HOME should delight guests, not depress them. But at Angie and Colby Campbell's 1910 Colonial Revival in Brewer, Maine, grungy 1970s "upgrades"—dark wood paneling and brown shag carpet—overwhelmed the small foyer. Once Angie and Colby had ripped out the carpet and replaced the wood-panel-over-plaster walls with drywall they painted gray, they realized the stairs needed some help. So they set about refinishing the old treads with a coat of rich brown paint. On the risers, they mounted white beadboard to echo the ceiling of the original porch just outside the front door. The crowning touch is the set of colorful pine balusters they bought to replace the existing, damaged set; they got them wholesale, preprimed, through Colby's job at a millwork company. Before installation, Angie coated them in shades of serene, ocean-inspired blues, then arranged them in graduated shades from light to dark for an ombré effect. The original newel post and handrail only needed to be refinished with a coat of polyurethane, and the bare maple floor sanded and stained, before the entry was ready for company. But visitors aren't the only ones who appreciate the space's new look.

"I really could spend all day there now," Angie says. "All those shades of blue make it so calming." —MEGAN BAKER

VALSPAR
Sea Breath

THE PROJECT TALLY

Freshened the walls by installing new drywall and painting it $380

Ripped out the old shag carpet, then painted the wood treads brown before attaching white MDF beadboard to the risers $80

Bought preprimed wood balusters at cost and painted them with eight sample pots of blue paint before installing $104

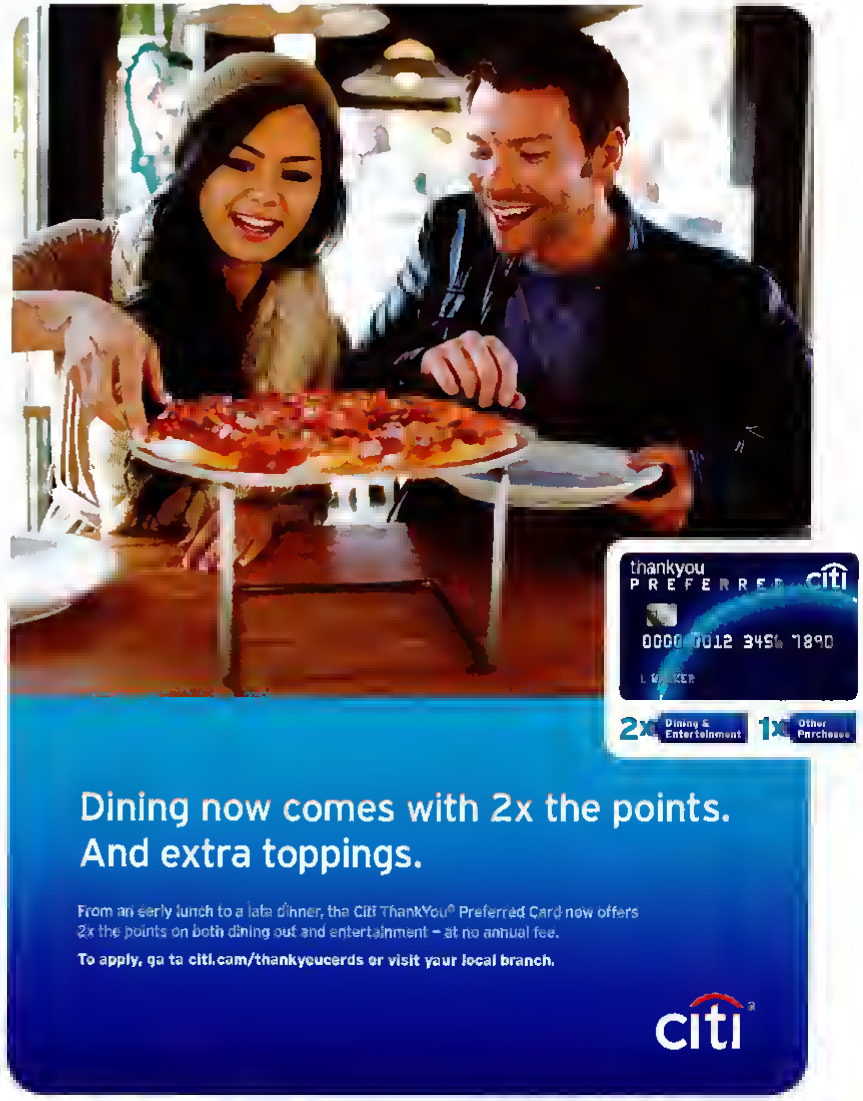
Sanded, stained, and sealed the existing wood floor $60

Refinished the newel post and handrail with a coat of leftover polyurethane $0

TOTAL $624

PHOTOS: ANGIE CAMPBELL (PA NT TABS) @IAN HENN/THEINC DIGITAL STUDIO

FOR MORE INFORMATION, SEE DIRECTORY, PAGE 114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Save seeds for repeat success

Gardening can be unpredictable. You can have a glorious bounty one summer, and the next year's crop can be downright meager. One sure-fire and risk-free way to improve your odds is to harvest the seeds from the strongest plants you have right now. To get started, try these tips from Shannon Carmody of the Seed Savers Exchange.

Select healthy plants. To pass along the best genes, take seeds from open-pollinated plants (not hybrids) that are robust and disease-free. Tomatoes, peppers, beans, and peas are typically good choices for beginners, as are flowers with large, easy-to-extract seeds, such as sunflowers.

To collect from dry-seeded plants, such as peas and beans, let seed pods turn brown and crispy on the stem. Do the same for flower heads. Split open and extract the seeds.

To harvest wet-seeded plants, such as tomatoes or squash, collect seeds when the fruit is overly ripe, past the point of being appetizing. Remove the seeds from the fruit and rinse them off before drying them. Spread in a single layer on a baking sheet. Air-dry until they are hard and brittle (this can take up to 14 days).

Store in a cool, dry place. Slip dried seeds into a paper envelope that you've labeled with the seed variety and date. Stash them in a dark, humidity-free environment, such as a drawer, until spring. —ANNE E. STRATTON

COLOR IDEA

Give a plain wall a whimsical face-lift

Got a so-so space that could use this witty take on wood paneling? Hit the home center for supplies: sheet bead board, Shaker peg rail, a wood-graining tool kit, and some paint and glaze. Lay cut-to-size beadboard flat, and roll on a coat of equal parts glaze and colorful paint (we like this rich teal). Drag a paint comb through it from top to bottom; then make a second pass with the curved tool, rocking it as you go to create planks. (Find tips on using wood-graining tools at thisoldhouse.com/sep2013.) Once dry, put up the beadboard, add the top rail, stand back, and smile. This is one frankly faux look that's a real mood booster.

ESSENTIAL TOOLS

Look for a wood-graining kit that combines different heads as well as a comb so that you can vary the appearance of your planks for a more detailed look. Find kits at home centers for about $4 each.

OLYMPIC
Gulf Grandeur

PHOTOS: (CLOCKWISE FROM TOP) TREVOR RICHARDS/IPC + SYNDICATION; WENDELL T. WEBBER; BRIAN HENDRYTIME INC.; DIGITAL STUDIO ILLUSTRATIONS: JOEL KELLAND

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Clamp books in place

Give a display ledge an unexpected edge: Prop up your favorite volumes by using vintage C clamps as bookends. Pick up a pair of these well-worn woodworking tools at a local flea market or salvage yard. Whisk off any loose rust with some steel wool or a wire brush. Twist the clamps in place just snugly enough to keep the books upright without denting the shelf's surface—or, if you're using them on fine furniture, protect the wood by gluing small pieces of felt to the clamp ends as padding. —ALLIE CUTLER

PRO TIP

The 50-cent repair that can save big bucks

"Install electrical putty around the main electric-service-entry cable above your meter. If water seeps into the electrical panel, it could cost upward of $2,000 in repairs."

—THOMAS DABE, CIVIL ENGINEER, MEMBER OF THE AMERICAN SOCIETY OF HOME INSPECTORS

Bath chandelier dos and don'ts

Judging from our mailbox, *This Old House* readers love to hang fancy lighting in their bathrooms. But, to be completely honest, some of your photos make us a little skittish. Safety codes and common sense call for added caution when installing a pendant-style fixture in a wet environment. Keep the following pro-vetted practices in mind, and you'll avoid sparking any problems.

LEAVE PROPER CLEARANCES. By code, the bottom of the chandelier must be at least 8 feet above the highest point on the tub's edge or 3 feet beyond it.

PLAN FOR MOISTURE. Choose a fixture that's U.L.-rated for wet or damp locations; the fixture should feature tight construction that keeps out water and condensation.

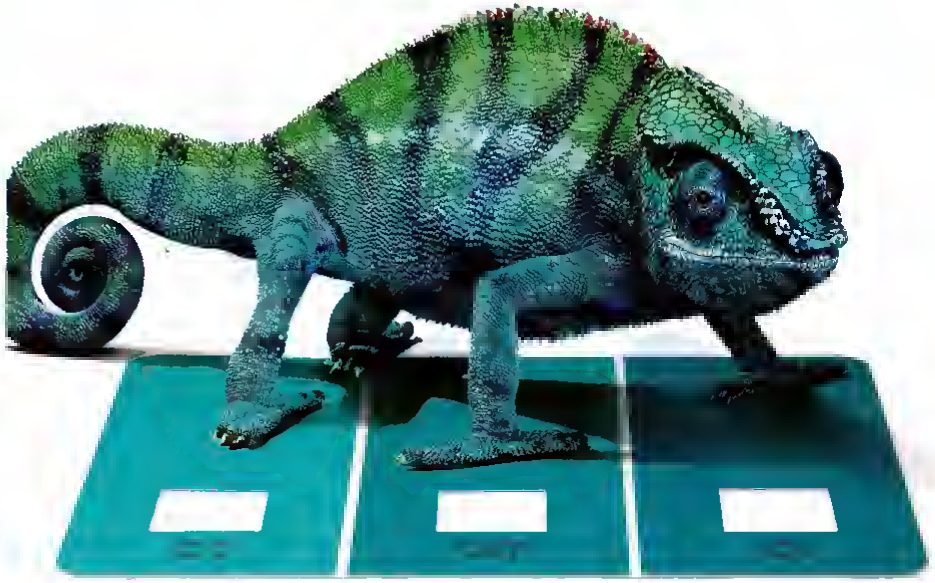
PROTECT YOURSELF FROM SHOCKS. Make sure that the wiring in the bathroom is protected with a ground-fault circuit interrupter (GFCI), which will cut the current if it senses unsafe conditions.

GO OFF THE GRID. Don't have high ceilings for a chandelier? Consider a decorative candle fixture instead. Use dripless candles; keep flames at least 12 inches from flammable materials and always extinguish them before leaving the room.

—GILLIAN BARTH

PHOTO: WENDELL T. WEBBER; ILLUSTRATION: JOEL HILLAND

Love your color
Or change your color



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Decoding the new paints

The latest latex formulations promise single-coat coverage, next to no VOC odor, and fast-drying results. So how do you navigate the ever-expanding choices in the paint aisle? Before tackling your next project, use these tips to brush up on your paint savvy and get the most out of every gallon. —PAUL HOPE

1

ONE COAT DOESN'T ALWAYS CUT IT. With virtually every new paint calling itself "self-priming," you'd think you could get away with fewer coats. That's not necessarily the case. Yes, these paints can cover a wall in one to two coats, but only if the colors are similar. New drywall is a different story. For the first coat, you're better off buying traditional primer, which does an excellent job of hiding joints and seams, and costs much less than the paint. The same holds true for dramatic color changes; if you're painting over a navy wall with canary yellow, you're probably going to need two to three coats of self-priming paint. Start with a base of gray-tinted primer instead. "Gray neutralizes bold colors and cuts down on the number of top coats you'll need," says Carl Minchew, vice president of color innovation at Benjamin Moore.

2 "Quick drying"

doesn't mean "ready for cleanup." While some new paints dry to the touch in as little as an hour, many manufacturers recommend waiting 2 to 8 hours, depending on temperature and humidity, before applying a second coat. But even after paint is dry, it still needs to cure. (Curing is the chemical process by which the paint bonds to the surface.) Recommended cure time can be anywhere from two days to four weeks, depending on the maker; check online or ask a salesperson for the info. After that period, walls and trim are safe to wash or scrub.

3

WHY THE ULTRA-PREMIUM PRICE TAG? The new premium paints contain a higher proportion of solids—mostly costly pigments, which provide fade-resistant, vibrant color. That means your walls will stand up to full sun exposure in that south-facing dining room—and repeat cleanups. "Using premium paints saves the customer money in the long run," says Mario Guerin, a Chicago-based painting contractor, "because the paint job lasts longer."

4 TRY PAINTING AS A TEAM SPORT.

Low-VOC paints dry faster than the older latex formulations, so it's critical that you fix mistakes quickly. That's why a second pair of hands is really helpful; one person can cut in on walls and around trim while the other follows with a roller. Paint in 3-by-3-foot sections, keeping a close watch on your work. The new paints are much thicker, so brush marks will be more noticeable and will need to be leveled right away. If paint beads up at the end of your roller and leaves a trail on your wall, go over it immediately to distribute it evenly.

5 There's new label lingo to learn.

If you go to the hardware store looking for your old-reliable eggshell finish, you may be out of luck. Some manufacturers no longer offer eggshell in all their product lines. Instead, look for satin, which has a bit more sheen than eggshell, or pearl, which has a bit less. Likewise, if you go shopping for enamel, the thick and shiny oil-based paint typically used on metal furniture or appliances, you may be surprised to find a product labeled satin enamel on the shelves; you should know that it's a water-based paint and it won't give you the same glossy protective coating as traditional enamel.

PHOTOS: (TOP) © BMTI SOCEAN/ISTOCKPHOTO; (PAINT CANS) BRYAN MENNYTHINE; DIGITAL STUDIO

FOR MORE INFORMATION, SEE DIRECTORY, PAGE 114

800-CRESTOR CRESTOR.COM

IS YOUR CHOLESTEROL AT GOAL?

Ask your doctor about CRESTOR.

CRESTOR®
rosuvastatin calcium

In a clinical trial vs Lipitor® (atorvastatin calcium), CRESTOR got more high-risk patients' bad cholesterol to a goal of under 100*

*LDL (bad) cholesterol goal is less than 100 mg/dL in high-risk patients, per Treatment Guidelines

Getting to goal is important, especially if you have HIGH CHOLESTEROL plus any of these risk factors:

- DIABETES
- HIGH BLOOD PRESSURE
- FAMILY HISTORY OF EARLY HEART DISEASE

because you could be at increased risk for plaque buildup in your arteries over time.

When diet and exercise alone aren't enough, CRESTOR is prescribed along with diet in adults to lower high cholesterol and to slow plaque buildup in arteries as part of a treatment plan to lower cholesterol to goal.

Important Safety Information about prescription CRESTOR Tablets. CRESTOR is not right for everyone. Do not take CRESTOR if you are nursing, pregnant or may become pregnant, have liver problems, or have had an allergic reaction to CRESTOR. Your doctor should do blood tests to check your liver before starting treatment and if you have symptoms of liver problems while taking CRESTOR. Call your doctor right away if you have unexplained muscle pain or weakness, especially with fever, have muscle problems that do not go away even after your doctor told you to stop taking CRESTOR, feel unusually tired; or have loss of appetite, upper belly pain, dark urine, or yellowing of skin or eyes. These could be signs of rare but serious side effects. Elevated blood sugar levels have been reported with statins, including CRESTOR. The most common side effects may include headache, muscle aches, abdominal pain, weakness, and nausea. Memory loss and confusion have also been reported with statins, including CRESTOR. Tell your doctor and pharmacist about other medicines you are taking.

If you can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.AstraZeneca-us.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch, or call 1-800-FDA-1088.

Please read Important Product Information on adjacent page and discuss with your doctor.

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AstraZeneca

IMPORTANT INFORMATION ABOUT CRESTOR® (ROSUVASTATIN CALCIUM)

Please read this summary carefully and then ask your health care professional about CRESTOR. No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your health care professional. Only your health care professional has the training to help weigh the risks and benefits of a prescription drug.

WHAT IS CRESTOR?

CRESTOR is a prescription medicine that belongs to a group of cholesterol-lowering medicines called statins. Along with this, CRESTOR lowers "bad" cholesterol (LDL-C) and increases "good" cholesterol (HDL-C). If bad cholesterol levels are left untreated, fatty deposits (plaque) can build up in the walls of the blood vessels. This plaque buildup over time can lead to narrowing of these vessels. This is one of the most common causes of heart disease. By lowering bad cholesterol in your blood, CRESTOR can slow this plaque buildup in the walls of blood vessels.

CRESTOR has been proven to reduce the risk of heart attacks and strokes in people without known heart disease, but who are at increased risk for heart disease (men 50 years and older, women 60 years and older), elevated blood levels of hsCRP (a marker of inflammation) that can be associated with increased risk of cardiovascular events, such as heart attack and stroke), plus at least one additional risk factor (such as high blood pressure, low HDL "good" cholesterol, smoking, or family history of early heart disease).

WHAT IS CHOLESTEROL?

Cholesterol is a fatty substance, also called a lipid, normally found in your bloodstream. Your body needs a certain amount of cholesterol to function properly. But high cholesterol can lead to health problems. LDL-C is called bad cholesterol because if you have too much in your bloodstream, it can become a danger to your health and can lead to potentially serious conditions. HDL-C is known as good cholesterol because it may help remove excess cholesterol. Common health factors such as diabetes, high blood pressure, smoking, obesity, family history of early heart disease, and age can make controlling your cholesterol even more important.

WHAT IS ATHEROSCLEROSIS?

Atherosclerosis is the progressive buildup of plaque in the arteries over time. One major cause is high levels of LDL-C. Other health factors such as family history, diabetes, high blood pressure, or if you smoke or are overweight, may also play a role in the formation of plaque in arteries. Often this plaque starts building up in arteries in early adulthood and gets worse over time.

HOW DOES CRESTOR WORK?

Most of the cholesterol in your blood is made in the liver. CRESTOR works by reducing cholesterol in two ways: CRESTOR blocks an enzyme in the liver causing the liver to make less cholesterol, and CRESTOR increases the uptake and breakdown by the liver of cholesterol already in the blood.

WHO SHOULD NOT TAKE CRESTOR?

Do not take CRESTOR if you:

- are pregnant or think you may be pregnant, or are planning to become pregnant. CRESTOR may harm your unborn baby. If you become pregnant, stop taking CRESTOR and call your health care professional right away.
- are breast-feeding. CRESTOR can pass into your breast milk and may harm your baby.
- have liver problems.
- have had an allergic reaction to CRESTOR or are allergic to any of its ingredients.

The active ingredient is rosuvastatin calcium. The inactive ingredients are microcrystalline cellulose, lactose monohydrate, tribasic calcium phosphate, crospovidone, magnesium stearate, hypromellose, triacetin, titanium dioxide, yellow ferric oxide, and red ferric oxide.

The safety and effectiveness of CRESTOR have not been established in children under the age of 10.

HOW SHOULD I TAKE CRESTOR?

- Take CRESTOR exactly as prescribed by your health care professional. Do not change your dose or stop CRESTOR without talking to your health care professional, even if you are feeling well.
- Your health care professional may do blood tests to check your cholesterol levels before and during your treatment with CRESTOR. Your dose of CRESTOR may be changed based on these blood test results.
- CRESTOR can be taken at any time of day, with or without food.
- Swallow the tablets whole.
- Your health care professional should start you on a cholesterol-lowering diet before giving you CRESTOR. Stay on this diet when you take CRESTOR.
- Wait at least 2 hours after taking CRESTOR to take an antacid that contains a combination of aluminum and magnesium hydroxide.
- If you miss a dose of CRESTOR, take it as soon as you remember. However, **do not take 2 doses of CRESTOR within 12 hours of each other.**
- If you take too much CRESTOR or overdose, call your health care professional or Poison Control Center right away or go to the nearest emergency room.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE TAKING CRESTOR?

Tell your health care professional if you:

- have a history of muscle pain or weakness
- are pregnant or think you may be pregnant, or are planning to become pregnant
- are breast-feeding
- drink more than 2 glasses of alcohol daily
- have liver problems
- have kidney problems
- have thyroid problems
- are Asian or of Asian descent

Tell your health care professional about all medicines you take or plan to take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Some medicines may interact with CRESTOR, causing side effects. It is particularly important to tell your health care professional if you are taking or plan to take medicines for:

- your immune system
- cholesterol/triglycerides
- blood thinning
- HIV/AIDS
- preventing pregnancy

Know all of the medicines you take and what they look like. It's always a good idea to check this via the right prescription before you leave the pharmacy and before you take any medicine. Keep a list of your medicines with you to show your health care professional.

If you need to go to the hospital or have surgery, tell all of your health care professionals about all medicines that you are taking.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF CRESTOR?

CRESTOR can cause side effects in some people.

Serious side effects may include:

Muscle problems. Call your health care professional right away if you experience unexplained muscle pain, tenderness, or weakness, especially with fever. This may be an early sign of a rare muscle problem that could lead to serious kidney problems. The risk of muscle problems is greater in people taking 65 years of age or older, or taking already have thyroid or kidney problems. The chance of muscle problems may be increased if you are taking certain other medicines with CRESTOR.

If you have muscle problems that do not go away even after your health care professional has advised you to stop taking CRESTOR, notify your health care professional. Your health care professional may do further tests to diagnose the cause of your muscle problems.

Liver problems. Your health care professional should do blood tests to check your liver before you start taking CRESTOR and if you have symptoms of liver problems while you take CRESTOR. Call your doctor right away if you have any of the following symptoms of liver problems:

- feel unusually tired or weak
- loss of appetite
- upper belly pain
- dark urine
- yellowing of your skin or the whites of your eyes

Elevated blood sugar levels have been reported with statins, including CRESTOR.

The most common side effects may include: headache, muscle aches and pains, abdominal pain, weakness, and nausea. Memory loss and confusion have also been reported with CRESTOR.

This is not a complete list of side effects of CRESTOR. Talk to your health care professional for a complete list or if you have side effects that bother you or that do not go away.

HOW DO I STORE CRESTOR?

Store CRESTOR at room temperature: 68-77°F (20-25°C), in a dry place. If your health care professional tells you to stop treatment or if your medicine is out of date, throw the medicine away. **Keep CRESTOR and all medicines in a secure place and out of the reach of children.**

WHERE CAN I GET MORE INFORMATION ABOUT CRESTOR?

Talk to your health care professional. Full Prescribing Information is available on CRESTOR.COM or by calling 1-800-CRESTOR.

GENERAL INFORMATION

It is important to take CRESTOR as prescribed and to discuss any health changes you experience while taking CRESTOR with your health care professional. Do not use CRESTOR for a condition for which it was not prescribed. Do not give CRESTOR to other people, even if they have the same medical condition you have. It may harm them.

NOTE: This summary provides important information about CRESTOR. For more information, please ask your health care professional about the full Prescribing Information and discuss it with him or her.

(continued)

Visit **CRESTOR.COM** or call the Information Center at AstraZeneca toll-free at **1-800-CRESTOR**

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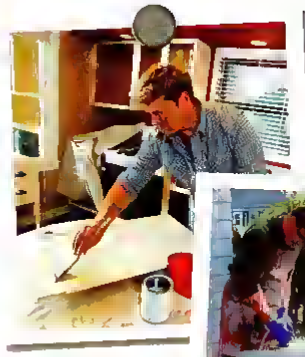
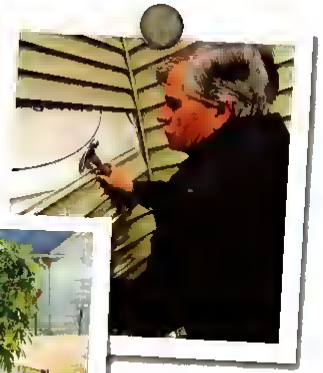
CRESTOR
rosuvastatin calcium
AstraZeneca

To-Do List



Repaint kitchen cabinets



Replace vinyl siding

Make concrete countertops

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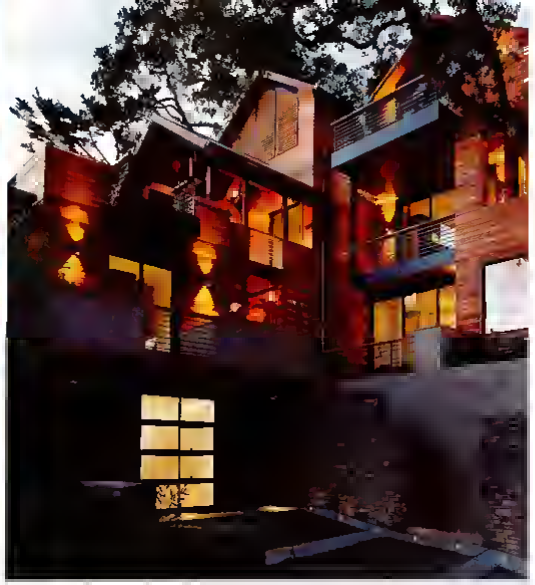

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COLOR IDEA

Lots more function—and charm

One less window, a wider passageway—and pro help—saved this sunny gathering spot from well-intentioned neglect BY DEBORAH BALDWIN • PHOTOGRAPHS BY JOE SCHMELZER

IF YOU ARE a procrastinator, or maybe just married to one, this may sound familiar. Six years ago, when his wife-to-be, Katie, moved in, Craig Webster tore out the base cabinets and icky linoleum floor in the kitchen of his tiny bungalow, in San Pedro, California. He had every intention of finishing the job—someday—so after putting down a strip-oak floor, he threw together a "temporary" plywood counter atop 2×4s and promptly got busy with the rest of his life. Four years went by. "Fortunately," says Craig, "I do most of the cooking."

Time ran out when the couple realized they were about to add a third person to the party. In rushed kitchen designer Dana Jones, followed by general contractor Dan Wentz, to push the half-baked space to fully done—before baby Dylan arrived. Jones's genius plan: Close off a window overlooking the neighbor's drive, rearrange the perimeter to form an L for cooking and cleanup, add an island, and put in new windows that bring focus to the backyard. "In eight weeks," says a surprised-sounding Craig, "the job was done." Next work in progress? Dylan's room—which will be finished soon, Craig swears.

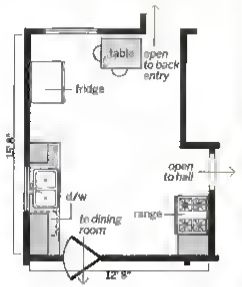
PHOTOGRAPHS BY COLETTE SHANAHAN, STYLING BY DAVYL EAGLE

BEFORE Torn-out base cabinets robbed the kitchen of needed storage. **AFTER** Katie and Craig Webster with baby Dylan. The wider opening to the dining room is finished with period-style brackets. The rooms are united by a striking blue and white palette.

Period touches include beadboard panels and soapstone countertops. Range, KitchenAid. Sink and faucet, Rohl. Tile, Sonoma Tilemakers.

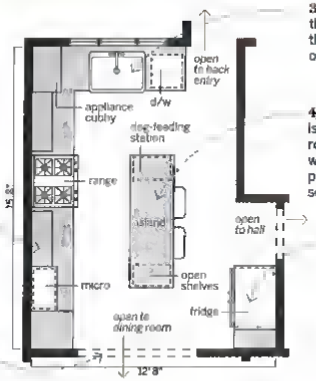
before

The 197-square-foot space had a jury-rigged sink and not much storage



after

Sealing up the side window opened up space for a smarter layout and a wider opening to the dining room made the same footprint feel larger



1] Moving the sink and getting rid of its old window allowed maximum storage and prep space to flank the relocated range

2] A space-enhancing 5-foot opening replaced the swinging door

3] The sink moved to the back wall below three new windows that overlook the backyard

4] The narrow island fits the room's proportions while providing prep storage and socializing space

5] The fridge's tucked-away spot helps maintain a clean sight line between the dining room and the kitchen.

FLOOR PLANS: IAN WORPOLE

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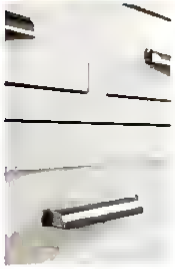
VALSPAR
Wedding Bells

RESTORATION HARDWARE
Dusk

An alcove feeding station for yellow lab Maggie is lined with soapstone as a defense against spills. Like the countertops, it is maintained with occasional oiling.

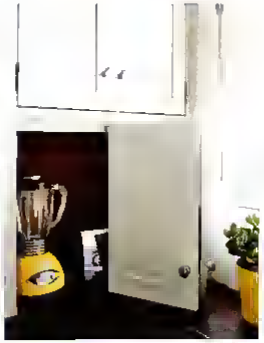
Built-up crown molding wraps the upper cabinets. Both were painted to match the creamy-white trim in adjoining rooms. *Cabinets: Wright Cabinetry*

pro advice DANA JONES, KITCHEN DESIGNER, LONG BEACH, CALIF.
"Give mid-priced cabinets a high-end look by enriching them with 4-inch crown molding."



Sleek satin-nickel bin pulls, in sizes to fit different drawers, update the cabinets' traditional look. *Pulls: Restoration Hardware*

The paneled, counter-depth fridge gets its seamless built-in look from a flush pantry pullout on one side and deep cabinets on top. *Fridge handles: Amerock*



Small appliances stored close at hand on the range wall disappear behind the appliance cubby's folding doors

PHOTOS: (PAINT BABBS BRIAN HENN/TAUT; °C. 3 C TAL STUD O

FOR MORE INFORMATION, SEE DIRECTORY PAGE 114

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Approved Uses for ADVAIR DISKUS®

- ADVAIR DISKUS is for the treatment of asthma in patients 4 years and older. ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.
- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits.
- ADVAIR DISKUS is not for, and should not be used to treat, sudden, severe symptoms of asthma or COPD. ADVAIR won't replace a rescue inhaler.

Important Safety Information About ADVAIR DISKUS

- **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR, reduces the risk of death from asthma problems seen with salmeterol.
  - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR.** You may need different treatment.
  - **Get emergency medical care if** breathing problems worsen quickly and you use your rescue inhaler medicine, but it does not relieve your breathing problems.
- ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.
- When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR. Your healthcare provider will decide if you can stop ADVAIR without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
- Children and adolescents with asthma who take LABA medicines may have an increased risk of hospitalization for asthma problems.
- Do not use ADVAIR to treat sudden, severe symptoms of asthma or COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain a LABA for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
  - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash, hives, swelling of the face, mouth, and tongue, breathing problems.
  - **sudden breathing problems immediately after inhaling your medicine.**
  - **effects on heart:** increased blood pressure, a fast and irregular heartbeat, chest pain.
  - **effects on nervous system:** tremor, nervousness.
  - **reduced adrenal function (may result in loss of energy).**
  - **changes in blood (sugar, potassium, certain types of white blood cells).**
  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
  - **slowed growth in children.** A child's growth should be checked often.
  - **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production, change in mucus color, fever, chills, increased cough, increased breathing problems.
- **Common side effects of ADVAIR DISKUS for asthma include** upper respiratory tract infection, throat irritation, hoarseness and voice changes, thrush in the mouth and throat, bronchitis, cough, headache, and nausea and vomiting. In children with asthma, infections in the ear, nose, and throat are common.
- **Common side effects of ADVAIR DISKUS 250/50 for COPD include** thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, and muscle and bone pain.

*Subject to eligibility restrictions apply.

††People ages 12 years and older taking ADVAIR DISKUS 100/50 experienced improvements in lung function and reductions in both asthma symptoms and fast-acting inhaler use, compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powders) alone. Your results may vary.

‡ADVAIR DISKUS 250/50 is clinically proven in COPD to significantly improve lung function (measured by a breathing test), compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg (inhalation powders) alone. Your results may vary.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on next page.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

GlaxoSmithKline

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FORU (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS®
(fluticasone propionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
- **Get emergency medical care if:**
  - breathing problems worsen quickly and you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®) and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long-term, 2 times each day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden severe symptoms of asthma or COPD.
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products.**
- **are exposed to chickenpox or measles.**

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution) and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS.
- you need to use your rescue inhaler medicine more often than usual.
- your rescue inhaler medicine does not work as well for you at relieving symptoms.
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row.
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time.
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week.

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:	COPD
• upper respiratory tract infection	• thrush in the mouth and throat
• throat irritation	• throat irritation
• hoarseness and voice changes	• hoarseness and voice changes
• thrush in the mouth and throat	• viral respiratory infections
• bronchitis	• headache
• cough	• muscle and bone pain
• headache	
• nausea and vomiting	

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088. Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll-free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD 7MG January 2011

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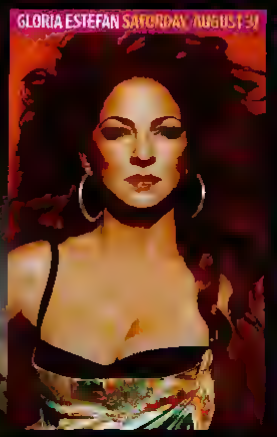

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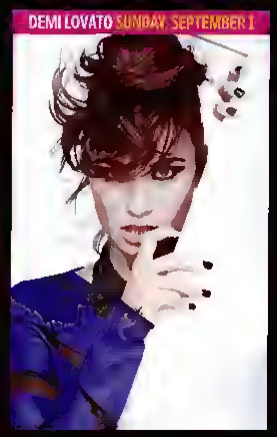

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COLOR IDEAS

Quirky cottage kitchen

Lively colors invigorate a room filled with hard-wearing finishes and vintage finds. Here's how to create a similar space in your home

BY GILLIAN BARTH • PHOTOGRAPH BY TIM BEDDOW

ALL IT TAKES is a little creative thinking to put together a one-of-a-kind look in the kitchen. In the cheery space shown here, vivid colors mix with unexpected details for an eclectic twist on cottage style that retains its casual charm. "The goal was a room that's fun and livable, and above all, colorful," says its designer, Kathryn M. Ireland, author of the newly released *Timeless Interiors* (Gibbs Smith).

Utilitarian pieces—a painted vintage workbench and draftsman stools in upbeat colors—stand up to kitchen duty, while global accents, like glazed terra-cotta pottery and yellow cabinets pierced with Moroccan stars, give it a distinctive, well-traveled feel.

To assemble your own quirky and colorful kitchen, read on.

perky paint

Ireland custom-mixed the homeowner's colors, but the golden yellow and soft blue here are close. Golden Orchards 329, $37 per gallon; benjaminmoore.com. Chopin Étude 239, $25 per quart; c2paint.com.

swivel stool

This metal perch adds the same cherry-red splash of color as the homeowner's vintage iron barstools. $129; grandinroad.com.

PHOTOS (PAINT SWATCHES) BRIAN HENNY; (LIVE INC DIGITAL STUDIO) ZENELY NG. CUTTING BOARD, CRINKWARE, BELLS, KNOBS, BOWL, CABINET PANEL) ALISON ROSA

gooseneck faucet

The graceful arc and bridge styling of this Kohler fixture complement a generous farmhouse sink. $486; bathkitchensurplus.com.

open shelving

Shapely paint-ready brackets like these dress up stock lumber for handsome storage. $22.50 each; architecturaldepot.com.

iron pot rack

The homeowner's is a one-of-a-kind antique, but a new one like this offers ample overhead storage and rustic charm. $45; aspencountry.com.

cutting board

A rooster shape gives this essential extra personality. $35; williams-sonoma.com.

temple bells

Hang a brass bell or two among pots and pans for signaling when supper's on. $19, $29, and $39; vivaterra.com.

stovetop staples

Energetic green enamel turns classic cookware into showpieces. Dutch oven, $80 (available starting in September); kmart.com. Teakettle, $60; crateandbarrel.com.

footed bowl

The homeowner sets out fresh fruit in a glazed terra cotta pedestal bowl. This elevated ceramic dish has wavy edges for the same hand-thrown feel. $50; hobbylobby.com.

cabinet knobs

Understated designer pulls finish the custom cabinets at left, but these home center finds are just as elegant. $2.50; homedepot.com.

DIY

studded cabinet panel

A twist on Moroccan design, the homeowner's custom cabinets are pierced in a pattern with small eight-point stars. To DIY the look, cut ¼-inch veneer plywood to shape as a panel insert. Draw a grid pattern in pencil and use a ¼-inch bit to drill pilot holes at each intersecting line. Then use a corner chisel to punch out the star points. Chisel, $27; rockler.com

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COLOR IDEA

Ceramic cabinet knobs

Add an unexpected hit of hue on kitchen cabinets, bath vanities—even a bedroom dresser—with these cheery decorative pulls BY MEGAN BAKER • PHOTOGRAPHS BY ALISON ROSA

PAINT ISN'T THE ONLY WAY to perk up built-ins and furniture with color. Hardware can add a kick too, whether as an alternative to a full-scale paint makeover or as the finishing touch to one. Not sure which hues to choose? A foolproof approach is to go for a knob that echoes the color of the cabinets—including yellow-, red-, or brown-toned woods—for a unified look. Or choose a complementary scheme for a little more zing. Here and on the following pages, 21 of our favorite bright ideas.

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Cost: $9.80; build.com

roped border
AMEROCK
Size: 1½ inch diameter
Cost: $4.87; knobdepot.com

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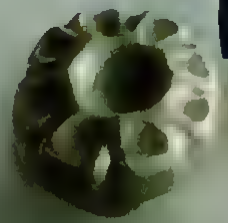

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COLOR IDEA

Make a spindle headboard

It only looks tough to build. This easy-to-customize piece will give your bed an instant lift BY JOHN CASEY • PHOTOGRAPH BY WENDELL T. WEBBER

PHOTOS (INSET) ANTHONY T. EULI; (PAINT) BY BRIAN HENRY AT MEINCKE DIGITAL STUDIO. STYLING: INGE D. LEEDS

A BED WITHOUT A HEADBOARD practically shouts "dorm room"—not exactly a great vibe for your grown-up retreat. So if you're in the market for this piece of furniture, we hope you'll be inspired to put together our DIY version, which took a day to assemble. *This Old House* general contractor Tom Silva built it with stock staircase parts that he cut to size and simply glued and screwed together; he even showed us a shortcut for spacing out the balusters evenly along its length. Paint or stain it any color you like and attach it to a standard steel bed frame, and you'll turn the spot where you rest your weary head into an even more welcome sight.

Shown: 38-inch Pinhead Poplar Hampton Baluster, 58-inch Newel Post, 8-foot Stair Top Handrail, 8-foot Stair Bottom Handrail with Fillet—all from Creative Stair Parts and available at lowes.com

BEHR
Green Trance

HOW IT'S DONE

Make your own headboard

COST $450 for materials, plus $20 for stain or paint
TIME 6 to 8 hours
DIFFICULTY Moderate. Sizing the balusters and drilling the holes requires precision

Staircase parts are available at home centers, though you'll likely find a better selection online. For the bottom rail, use a handrail with a fillet, a thin, removable strip of wood that you'll use as a template for making holes in both rails. Also, make sure the balusters have round pins for attaching to the bottom rail. Before you begin, measure the width of your bed frame so that you'll know how far apart the end posts should be. Finally, to space out the balusters using Tom Silva's shortcut, buy some elastic tape at a sewing store and make marks along its length every 3 inches—you'll use it in Steps 3 and 4.

SEE HOW IT'S DONE
To watch a video of this project, use a tablet or smartphone to scan this page with the Blippar app, or go to **thisoldhouse.com/sep2013**

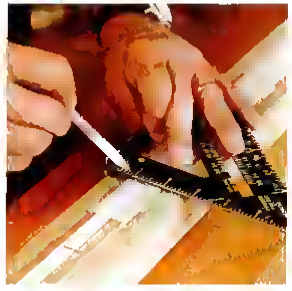
1] Size the headboard. Lay the newel posts across the top and bottom rails as shown. Mark the posts' centers, and adjust them so that the distance between the centers equals the width of your bed frame. Mark cutlines at the inside dimensions of each rail between the posts. Set the posts aside.

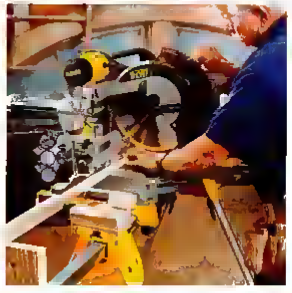
5] Drill pilot holes in the top rail, and cut the rails. Lay the fillet on the underside of the top rail between the marks you made in Step 1, and use brads to tack it in place. Drill ⅛-inch pilot holes through the marks and into the rail. Remove the fillet and glue it into place on the bottom rail. Then cut both rails to length, using the marks you made in Step 1.

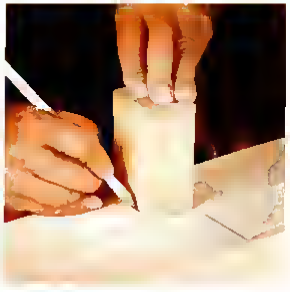
2] Mark spots for attaching the elastic tape. Line up the bottom of a baluster with one of the cutoff lines you made on the bottom rail in Step 1, as shown. (The baluster should rest on the part of the rail that will be cut off later.) Mark the baluster's center on the rail's fillet, which you'll use as a template for making holes in both rails. Repeat at the opposite end.

3] Determine the baluster spacing. Hammer a brad through the first mark on the elastic tape into a spot you marked in Step 2. Stretch the tape to the opposite end, keeping the spacing between marks to 4 inches or less for safety. When you like the spacing, nail through a second mark into the attachment spot at the other end.

4] Mark the spacing on the fillet. Transfer the marks from the elastic tape to the fillet. Remove the tape and brads. Mark the fillet's centerline along its entire length, then slide it out of the bottom rail.







6] Size the first baluster. Place a scrap piece of top rail on the newel post in the spot where you'll later attach the full rail. Lay a baluster alongside the post, as shown; make sure you like how the turned areas line up. If the baluster extends past the top of the rail, as ours did, mark a cut 1 inch above the bottom edge of the top rail.

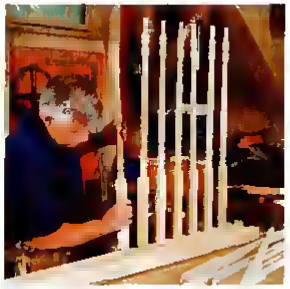
7] Cut the balusters to length. Use a miter saw to cut off the top of the baluster you marked in Step 6. Use this baluster to mark cuts on the remaining ones so that they're all the same length. Measure the diameter of the top of the baluster so that you know what size paddle bit to use in Step 9.

8] Mark the attachment spot for the bottom rail on the newel post. Line up the newel posts next to each other. Lay a baluster in its intended position alongside one post, and mark where the bottom, without the pin, falls—this is where the top of the bottom rail should sit. Use a scrap piece of bottom rail to mark the attachment spot on both posts, as shown.

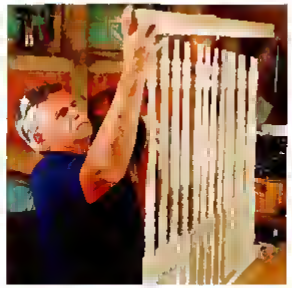
PHOTOGRAPHS: ANTHONY TIEULI

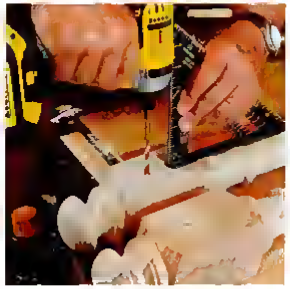
9] **Drill larger holes in the rails.** For the bottom rail, use a paddle bit to enlarge the pilot holes to the size of the baluster pins. Ours were ¾ inch wide and 1 inch deep. Do the same for the top rail, which will hold the tops of the balusters. The holes in our top rail were ⅝ inch wide and 1 inch deep.

10] **Insert balusters into the bottom rail.** Lay the bottom rail on your work surface, with the holes facing up. Apply wood glue to the baluster pins and fit them into the rail's holes. Be sure to square up the faces of the balusters to the rail before the glue dries.



11] **Add the top rail.** Fit the rail onto the balusters, as shown. You may need to strike it with a mallet (or a hammer and a piece of scrap wood, to protect the rail's surface) to get a snug fit. Lay the assembly on your work surface, and use a level or a straightedge to check it for square and plumb.





12] **Drill holes for the bottom rail.** Mark the centers of both ends of the bottom rail and of the places on the newel posts where you'll attach the rail. Drill a ¼-inch pilot hole all the way through each newel post and into both ends of the rail. Use a triangular layout square to keep your drill perpendicular as you work.

13] **Drill holes for the top rail.** Similar to Step 12, drill a ¼-inch pilot hole all the way through the top of each newel post where the top rail will be attached. Then drill a ¼-inch hole in each end of the rail.

14] **Assemble the headboard.** Stand up the baluster assembly and lay a newel post on top of it, lining up its holes with the ones in the rails. Drive timber screws through the holes and into the ends of the rails. Repeat for the other post. Sand the headboard, then coat it with primer and paint (or stain and sealer). ■

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VIAGRA is prescription medication to treat erectile dysfunction (ED)

IMPORTANT SAFETY INFORMATION BELOW.

Do not take VIAGRA if you take nitrates, often prescribed for chest pain, as this may cause a sudden, unsafe drop in blood pressure.

Discuss your general health status with your doctor to ensure that you are healthy enough to engage in sexual activity. If you experience chest pain, nausea, or any other discomforts during sex, seek immediate medical help.

In the rare event of an erection lasting more than 4 hours, seek immediate medical help to avoid long-term injury.

If you are older than age 65, or have serious liver or kidney problems, your doctor may start you at the lowest dose (25 mg) of VIAGRA. If you are taking protease inhibitors, such as for the treatment of HIV, your doctor may recommend a 25-mg dose and may limit you to a maximum single dose of 25 mg of VIAGRA in a 48-hour period. If you have prostate problems or high blood pressure for which you take medicines called alpha blockers, your doctor may start you on a lower dose of VIAGRA.

In rare instances, men taking PDE5 inhibitors (oral erectile dysfunction medicines, including VIAGRA) reported a sudden decrease or loss of vision or hearing. If you experience sudden decrease or loss of vision or hearing, stop taking PDE5 inhibitors, including VIAGRA, and call a doctor right away.

VIAGRA should not be used with other ED treatments. VIAGRA should not be used with REVATIO or other products containing sildenafil.

VIAGRA does not protect against sexually transmitted diseases, including HIV.

The most common side effects of VIAGRA are headache, facial flushing, and upset stomach. Less commonly, bluish vision, blurred vision, or sensitivity to light may briefly occur.

Please see Important Facts for VIAGRA on the following page or visit viagra.com for full prescribing information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

VIAGRA (sildenafil citrate) tablets (vi AG rah)

IMPORTANT SAFETY INFORMATION ABOUT VIAGRA

Never take VIAGRA if you take any medicines with nitrates. This includes nitroglycerin. Your blood pressure could drop quickly. It could fall to an unsafe or life-threatening level.

ABOUT ERECTILE DYSFUNCTION (ED)

Erectile dysfunction means a man cannot get or keep an erection. Health problems, injury, or side effects of drugs may cause ED. The cause may not be known.

ABOUT VIAGRA

VIAGRA is used to treat ED in men. When you want to have sex, VIAGRA can help you get and keep an erection when you are sexually excited. You cannot get an erection just by taking the pill. Only your doctor can prescribe VIAGRA.

VIAGRA does not cure ED.

VIAGRA does not protect you or your partner from STDs (sexually transmitted diseases) or HIV. You will need to use a condom.

VIAGRA is not a hormone or an aphrodisiac.

WHO IS VIAGRA FOR?

Who should take VIAGRA?

Men who have ED and whose heart is healthy enough for sex.

Who should NOT take VIAGRA?

- If you ever take medicines with nitrates
  - Medicines that treat chest pain (angina) such as nitroglycerin or isosorbide mononitrate or dinitrate
- If you use some street drugs such as "poppers" (amyl nitrate or nitrite)
- If you are allergic to anything in the VIAGRA tablet

BEFORE YOU START VIAGRA

Tell your doctor if you have or ever had:

- Heart attack, abnormal heartbeats, or stroke
- Heart problems, such as heart failure, chest pain (angina), or aortic valve narrowing
- Low or high blood pressure
- Severe vision loss
- An eye condition called retinitis pigmentosa
- Kidney or liver problems
- Blood problems, such as sickle cell anemia or leukemia
- A deformed penis, Peyronie's disease, or an erection that lasted more than 4 hours
- Stomach ulcers or any kind of bleeding problems

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal products. Tell your doctor if you take or use:

- Medicines called alpha blockers to treat high blood pressure or prostate problems. Your blood pressure could suddenly get too low. You could get dizzy or faint. Your doctor may start you on a lower dose of VIAGRA.
- Medicines called protease inhibitors for HIV. Your doctor may prescribe a 25 mg dose. Your doctor may limit VIAGRA to 25 mg in a 48-hour period.
- Other methods to cause erections. These include pills, injections, implants, or pumps.
- A medicine called REVATIO. VIAGRA should not be used with REVATIO as REVATIO contains sildenafil, the same medicine found in VIAGRA.

POSSIBLE SIDE EFFECTS OF VIAGRA

Side effects are mostly mild to moderate. They usually go away after a few hours. Some of these are more likely to happen with higher doses.

The most common side effects are:

- Headache
- Feeling flushed
- Upset stomach

Less common side effects are:

- Trouble telling blue and green apart or seeing a blue tinge on things
- Eyes being more sensitive to light
- Blurred vision

Rarely, a small number of men taking VIAGRA have reported these serious events:

- Having an erection that lasts more than 4 hours. If the erection is not treated right away, long-term loss of potency could occur.
- Sudden decrease or loss of sight in one or both eyes. We do not know if these events are caused by VIAGRA and medicines like it or caused by other factors. They may be caused by conditions like high blood pressure or diabetes. If you have sudden vision changes, stop using VIAGRA and all medicines like it. Call your doctor right away.
- Sudden decrease or loss of hearing. We do not know if these events are caused by VIAGRA and medicines like it or caused by other factors. If you have sudden hearing changes, stop using VIAGRA and all medicines like it. Call your doctor right away.
- Heart attack, stroke, irregular heartbeats, and death. We do not know whether these events are caused by VIAGRA or caused by other factors. Most of these happened in men who already had heart problems.

If you have any of these problems, stop VIAGRA. Call your doctor right away.

HOW TO TAKE VIAGRA

Do

- Take VIAGRA only the way your doctor tells you. VIAGRA comes in 25 mg, 50 mg, and 100 mg tablets. Your doctor will tell you how much to take.
- If you are over 65 or have serious liver or kidney problems, your doctor may start you at the lowest dose (25 mg).
- Take VIAGRA about 1 hour before you want to have sex. VIAGRA starts to work in about 30 minutes when you are sexually excited. VIAGRA lasts up to 4 hours.

Don't

- Do not take VIAGRA more than once a day.
- Do not take more VIAGRA than your doctor tells you. If you think you need more VIAGRA, talk with your doctor.
- Do not start or stop any other medicines before checking with your doctor.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information. OR
- Go to www.viagra.com or call (888) 4-VIAGRA (484-2472).

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First Digs

Tips for Turning Your New House Into a Home

You've navigated the tricky waters of buying your first home. The hard part is over. So what happens now?

Besides alerting us to your new address so that you don't miss an issue of *This Old House*, here are a few things you can do to settle quickly and comfortably into your new place to make it feel like "home" in no time.

New-Home Checklist

- ☐ **Change your exterior door locks.** Neighbors and contractors may have a key.
- ☐ **Locate the water shutoff valve.** You'll be happy to know where it is in an emergency.
- ☐ **Test circuit breakers.** To avoid overloading the circuits, plug in lamps or radios and switch off one circuit at a time so that you know which outlets are connected to the same circuit. Label each switch accordingly.
- ☐ **Install new smoke and CO detectors** (or test existing ones) and, together as a family, identify your exits and emergency plan.
- ☐ **Inspect your belongings** to ensure everything is accounted for and undamaged. You may have a limited time to file for an insurance claim if your movers are at fault.
- ☐ **Plug in night-lights** around stairs and bathrooms to help you avoid stumbling around unfamiliar spaces in the dark.

First Digs Sweepstakes!

Enter for a chance to jump-start the remodeling of your new home!
One Grand Prize winner will receive $10,000 worth of cabinetry from Cabinets To Go, plus $2,500 to spend at Overstock.com to outfit their new place.

Visit thisoldhouse.com/firstdigs to enter daily from 8/19/13 through 9/30/13.

NO PURCHASE NECESSARY. Purchasing does not improve your chances of winning. The This Old House First Digs Sweepstakes is open to residents of the 50 United States and D.C., age 18 or older at the time of entry. Void outside the United States, in Puerto Rico, and wherever else prohibited by law. Sweepstakes begins at 12:00:01 AM ET on 08/19/13 and ends at 11:59:59 PM ET on 09/30/13. For entry details and official rules, see www.thisoldhouse.com/firstdigs. Sponsor: T. Marks Solutions Inc.

Create Your Dream Kitchen

If your budget doesn't allow you to create your dream kitchen all in one shot, don't worry. A smart remodel can be done efficiently and cost-effectively if you work in phases.

TO DO NOW

Layout: This is the perfect time to rearrange the overall flow to make the kitchen work for you

Infrastructure: Get the framing, subfloor, windows, plumbing and electrical done right—or all those new finishes and appliances won't perform as expected

Cabinets: Go for quality construction, a timeless (versus trendy) finish, and ample storage space to accommodate larger pieces of cookware and bakeware

Countertops: It's best to install new counters now rather than having to demo later and risk damaging your new cabinetry

Lighting: Well planned lighting can turn a dreary space into a bright and welcoming one

By taking advantage of complementary design services, such as those offered by Cabinets to Go, you'll get professional help creating the kitchen of your dreams—without paying expensive kitchen designer fees.

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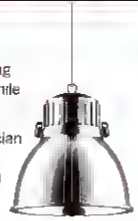
TO DO LATER

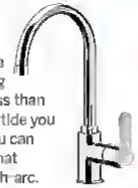
New Appliances: Unless you are changing their size or location, hang onto them awhile longer

Pricey Light Fixtures: Once your electrician has completed the wiring, you can use inexpensive placeholder fixtures until you are ready to upgrade to those gorgeous pendant lights



Backsplash: Paint the walls above your counter with a washable paint. That way, you'll have an attractive look while you're saving up for tile or glass

Fancy Faucets: You can get a great-looking faucet for less than $75 that will tide you over until you can splurge on that high-end high-arc.



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Add Splash To Your Bath

Here are some smart ways you can personalize your bathroom—without breaking the bank.

1. **Painting the ceiling** is a bold move and the vivid color instantly livens up an all-white bathroom
2. **A large, beveled mirror** is artistically appealing and visually expands the room
3. **Funky, pendent fixtures** add interest and provide soft—not stark—lighting
4. Whatever style bathroom you've inherited, **period-appropriate fixtures** can enhance its vintage charm
5. **Rattan baskets** serve as additional storage compartments and effectively camouflage clutter on open shelves
6. **Plush, colorful towels** and a fun **striped rug** add punches of color

Subway and mosaic white tile continue to stay on trend. Glazed porcelain tiles are easy to install, and they create a neutral background to complement any bathroom style. To get the look, consider SomerTile in Victorian Hex, available at Overstock.com.

SPONSORED BY

overstock.com

7. **White window treatments** offer privacy but still let the sun shine in
8. **A basket of guest towels** near the tub is easily accessible as well as attractive
9. **Small but colorful accessories and soaps** add tiny pops of personality

For more new home advice, step by step projects, and tips, visit thisoldhouse.com/your-new home

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Block out a spot for homework

Use this eye-tricking scheme to turn an awkward recess into an inviting private alcove

BY DEBORAH BALDWIN

SOMETIMES IT PAYS to work with what you've got. Instead of centering their child's desk against a featureless blank wall, the homeowners behind this project decided to capitalize on a shallow, wall-interrupting corner. Using color as an architectural tool, they turned the recess into a welcoming homework nook.

The ingredients include a desk that's deeper than the recess it occupies. To compensate, the design disguises the corner's inhospitable lines by wrapping them with blocks of striking color extended to different lengths. One block comes to a dramatic stop at the outside corner, intensifying the impact of the blocks above and below it, which keep traveling. Floating shelves, painted to meld with the upper blocks, further the illusion. Making the lowest color block magnet-ready, which you can do with a special base coat, creates space for pinup artwork.

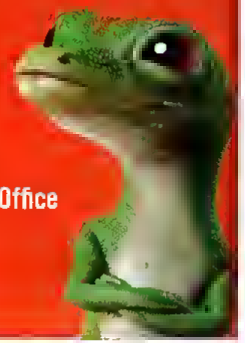
The palette is cheerful but not childish: soft-blue walls, shots of marine blue, school-bus yellow, and firehouse red, and enough gray undertones to anchor and warm up the steely desk. To make this tableau really come alive, just add one student and a pop quiz.

PHOTO: MICK HANBURY/CPC • STYLE: CATHY

GET THE STEP BY STEP
For the tools, materials, and how to, go to thisoldhouse.com/sep2013

What comes in on time and under budget?

A car insurance quote from GEICO.
Don't you wish your renovation was like that?
See how quick it is to save money.



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Old shutters adorn windows and more

Use these louvered or paneled wood beauties to give your home's exterior classic character, or repurpose them as rustic indoor accents

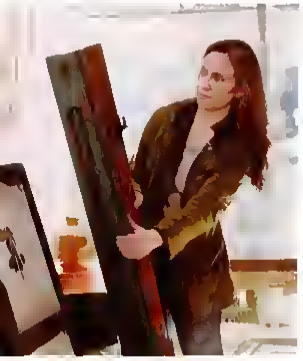
BY AMY R. HUGHES • PHOTOGRAPHS BY LAURA MOSS

FLANKING THE WINDOWS of American houses for centuries, wood exterior shutters help guard against bad weather, offer privacy and security, and control the passage of light and air. But most of all they're a curb-appeal booster, adding dimension, texture, and often a hit of color to home facades.

Some shutters even impart personality, with cutout designs of clovers, crescent moons, birds, or boats. These whimsical flat-panel types typically adorn modest Colonial Revivals and Cape Cods built in the first half of the 20th century. Formal house styles such as Georgians, from the early 1800s, have solid, raised-panel shutters, while the Victorians favored louvered versions with adjustable slats for their fanciful Queen Annes.

Unlike many new, decorative shutters, which are fixed to the house in the open position, vintage ones were meant to move. They swing on hinges mounted to the window surround and are secured with tiebacks, called "shutter dogs," when not in use. The operable shutters

Vintage shutters like these can be found for $25 to $75 each.



sold at home centers today work the same way, but you'll be hard pressed to match the quality and craftsmanship of the old ones. To find these, you'll have to hit a salvage yard.

The challenge with rescued originals, though, is finding enough for all your windows and getting the proportions right. Each shutter in a pair should be as tall as the window it adorns and also half as wide, so that there's no gap when both are closed. Old shutters are also often coated in lead paint, which must be safely stripped and the shutters refinished to weather a second life outdoors.

Using salvaged shutters as accents inside the house is far simpler. Just brush on clear polyacrylic to seal the old paint, and commence repurposing. Hinged together, a few tall shutters make a great room divider. Mounted side by side on a bedroom wall, they become a headboard. A shutter can even help you press shirts in style. Yep, that's right. I used a paneled one with a cute cutout as a door for a DIY ironing-board cabinet. Read on to learn how I made it.

BENJAMIN MOORE
Grape Gum

HOW IT'S DONE

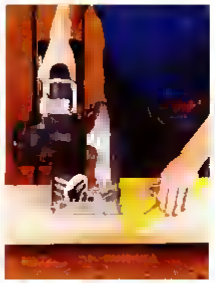
Shutter-door ironing cabinet

COST $295 (including a high-end fold-up ironing board)
TIME 3 hours
DIFFICULTY Easy. A full-overlay door and butt joints, rather than miters, simplify construction

I do my ironing in a bedroom, rather than the laundry area in my unfinished basement. I wanted a handsome cabinet to keep the board easily accessible yet concealed from view. Generic prefab ironing centers can top $400, so I decided to make my own using a $40 salvaged shutter with a swan cutout for the door. At 18 by 46 inches, the shutter was wide enough to hide the ironing-board insert that I planned to tuck inside the cabinet (Häfele fold-up board, $205; rockler.com) and about twice as tall. The extra height left enough space above the board for a supply shelf and an iron rest. A hanging bar on the door holds freshly pressed shirts. And paint, color-matched to the existing finish on the shutter's face, unites the new and old wood.

1] **Measure for the cabinet frame.** Using a tape measure, note the shutter's length to determine the height of the cabinet's 1×8 sides. For the cabinet top and bottom, deduct 1½ inches from the shutter's width, as these boards will go between the sides.

2] **Mark the boards and cut to length.** Transfer your measurements to the boards. Then, using a rafter square as a guide, cut the boards with a circular saw.

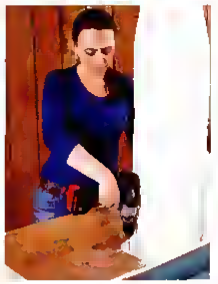


3] **Build the cabinet frame.** Fasten the boards together, using bar clamps to steady the top and bottom between the sides. Drill pilot holes for 1½ inch wood screws and drive in the fasteners.

4] **Add the back.** Cut ¾ inch plywood to the inner dimensions of the cabinet frame. Secure through the sides, top, and bottom with wood screws, being sure to drill pilot holes first.

5] **Make a shelf.** Add an interior supply shelf that's the same length as the cabinet frame's top and bottom but ¾ inch narrower, to accommodate the cabinet's inset back panel. Drill pilot holes and secure the shelf with wood screws.

6] **Add the shutter door.** Hinge the shutter to the cabinet. Drill pilot holes for the hardware's supplied fasteners, and twist them in with a screwdriver so as not to strip the soft metal. Next, add a cabinet knob to the shutter so that it's easy to open and close.



7] **Install the ironing board.** Secure the ironing board and iron rest to the cabinet's back panel, and the hanging bar to the inside of the shutter door. Use the supplied fasteners for the iron rest and the rack. For the ironing board, upgrade to beefier ¾ inch No. 10 screws.

8] **Paint the cabinet.** Fill the screw holes, and paint the cabinet to match the shutter door. (Remove the door, board, and accessories first to avoid errant brushstrokes.) Hang the cabinet with heavy-duty fasteners made for your wall type, and you're ready to iron away.

PHOTOS: (OPPOSITE PAGE, PAINT CAN) BRIAN HAGIWARA; (THIS PAGE) BRIAN HAGIWARA (STEPS 1, 2, 3, 4, 5, 6, 7, 8)

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COLOR IDEA

Paint makeover for a bungalow

Varied palettes of warm, saturated shades bring out the details on a vintage Craftsman

BY ANNE STRATTON + ILLUSTRATIONS BY DRAWGATE INC.

BEFORE

"ARCHITECTURALLY, I like the house," Dan Hayden says of the 1915 bungalow he shares with his wife, Terri, in Kingsburg, California. Its color, however, is another story. Both agree it's too harsh. "It's not quite caution-sign yellow, but almost," Dan says.

To help the couple select a more inviting palette, we enlisted the help of Amy Wax, a color consultant in Montclair, New Jersey. "Yellow wasn't necessarily a poor choice," says Wax. "The real problem here is that all of the architectural elements are painted the same color, causing them to blur together." In the three color combinations she created to inspire the Haydens, the trim, stucco columns and vertical siding, horizontal clapboards, and porch flooring all get their own hue. The earthy palettes here and on the next page stay true to Craftsman style but vary in boldness. A rust-colored facade with moss-green accents is the richest of the group, while an understated combo of tans and blues plus a dusky blue base punched up with reds and gold presents brighter options.

"The red is probably our favorite," Dan says. "We love its warmth, and it's a little daring."

PHOTOS (MAIN, CARSBRAY) JIM DUNK; (BLDG.)

Pick your palette

Here are three nature-inspired color schemes, all perfectly suited to an authentic, early-20th-century bungalow

muted red

"These colors are as inviting as they come," Wax says. Painting a facade red is a sure way to make a statement, but the softness of this shade matched with several soothing greens keeps the palette from appearing loud. The reddish brown front door just adds to this scheme's earthy feel, while cream trim ensures that the dark hues pop. Benjamin Moore's Audubon Russet (1), Georgian Green (2), Monterey White (3), Tate Olive (4), Guilford Green (5), and Hasbrouck Brown (6).

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rich tan

"Saturated colors were the norm for houses built in 1915," Wax says. This khaki facade shade is on the bright side, but dark trim in spirited hues of blue and green maintains a vintage vibe. The olive porch floor balances out this lighter palette while also visually anchoring the house. Behr's White Cliffs (1), Mojito (2), Mossy Bank (3), Alligator Skin (4), Lap Pool Blue (5), Bermudan Blue (6)

cool blue

The pale gray roof was the driving force behind this combination. Asphalt shingles break from a traditional Craftsman look, but the swath of blue siding with an otherwise warm palette helps tie them in. "And I love the gold front door," Wax says. "It's bright, happy and really welcoming." Sherwin-Williams's Composed (1), Favorite Tan (2), Nacre (3), Fired Brick (4), Foxy (5), Mannered Gold (6)

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Build a butcher-block island

Combine iron threaded pipe and butcher block to create a kitchen centerpiece

BY JOHN CASEY • PHOTOGRAPHS BY RYAN BENYI

COST $487
TIME 6 hours over two days
DIFFICULTY Moderate
Joining and aligning threaded pipes requires patience

CALL IT A KITCHEN ADDITION ON WHEELS If you're hankering for a bit more elbow room to prepare meals, this rolling island lets you make the most of the floor plan you already have. Generous sections of butcher-block countertop give you plenty of easy-to-clean culinary workspace up top and lots of storage space—including room for hanging pots—down below. The sturdy frame, made of sections of gas pipe, gives it an industrial flair, and the casters make it easy to move. Follow along as *This Old House* contributor Christopher Beidel, owner of Pernt, a handmade-furniture company in Brooklyn, New York, shows you how to assemble this modern take on the classic kitchen island.

Butcher block IKEA Numerär, $169; ikea.com. Gas pipe and fittings homedepot.com

DAY-TO-DAY TIMELINE

SATURDAY Cut the countertop and make the frame (Steps 1–4).
SUNDAY Assemble the pieces (Steps 5–7).

Finished dimensions
42"W × 25½"D × 36"H

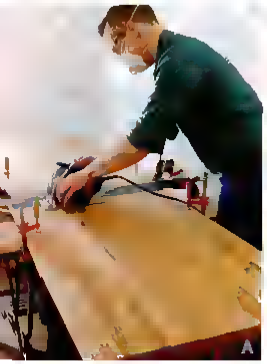
Find a cut list and dimensional drawings at thisoldhouse.com/sep2013

TOOLS

- measuring tape
- clamps
- straightedge
- painter's tape
- circular saw
- random-orbit sander with 100-, 120-, and 180 grit discs
- drill/driver
- driver bit
- bait
- rafter square
- ⅛ inch bit with countersink
- combination square

MATERIALS

- **butcher-block countertop** Get one 25½ by 96¾ inch piece (ikea.com)
- **1-inch iron threaded pipe** Get one 36 inches, six 18 inches, two 12 inches, four 6 inches, six 5 inches, two 4½ inches, and six 2 inches
- **1-inch iron threaded pipe elbows** Get two
- **1-inch iron threaded pipe flanges** Get eight
- **1-inch iron threaded pipe tees** Get 14
- **1×10 oak board** Get one 8-footer
- **wood glue**
- **1-inch No. 10 flat-head wood screws** for securing the flanges and shelf boards
- **casters** Get four
- **1-inch No. 10 pan-head wood screws** for securing the casters
- **beeswax**
- **mineral oil**



1 PREP THE COUNTERTOP

A] **Cut the butcher block.** Start with the countertop facedown. Measure and mark the piece with cutlines for the countertop and lower counter. Clamp a straightedge adjacent to the first line as a saw guide. Keep the clamps out of the saw's path. Apply tape over the line to minimize tear-out. Use a new 40-tooth carbide-tipped blade, and adjust its depth to ¼ inch more than the thickness of the wood. Make your first cut. Reclamp the straightedge to the second line, and make the cut.
B] **Smooth the cut edges.** Using a 100-grit disc on a random-orbit sander, sand the cut edges to remove blade marks. Change to successively higher-grit discs, and sand until the cut is as smooth as the uncut surface.

ILLUSTRATION BY GREGORY NEMEC

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2 LAY OUT THE LADDER SIDE

A] **Put the pieces in order.** On your work surface lay out all the pieces, including the flanges and fittings from top to bottom according to the dimensional drawings at thisoldhouse.com/sep2013. There should be 15 threaded pipe pieces of different lengths, nine tee fittings, and four flanges.

B] **Build the stretcher rung.** To establish the width, start by assembling the five pieces of the ladder rung that connects to the stretcher. The center tee is horizontal and the side tees are vertical. Although we're using standardized, precut pipe, expect some variation in threading among pieces. It's a good idea to gently tighten pieces by hand as you work, keeping in mind that you'll need to loosen some connections and tighten others to get matching lengths.

A

B

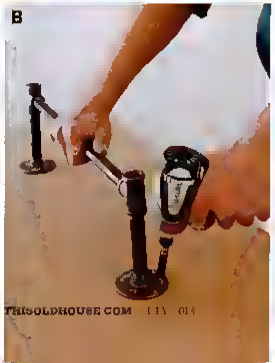
3 ASSEMBLE THE LADDER SIDE

A] **Make the base rung.** Thread together the seven pieces of the base rung. Stand it on your work surface and compare its width to that of the stretcher rung—they should be the same. Spin the T fitting on one end and then the other, a full rotation at a time, until both fittings line up with those of the stretcher rung, as shown. Repeating this for each stage will give you a straight ladder.

B] **Compare rungs for length.** To hold the base rung steady while you work, you can temporarily screw the flanges to your work surface, as shown. Now use the base as your reference for each new rung. You will need to tighten and loosen pieces throughout the assembly process to adjust for length. Don't worry if some pieces seem slightly loose in their fittings—they won't once the entire island comes together.

C] **Build the ladder.** Thread the second stage of vertical pieces into place. Thread the fittings onto the second rung, then seat them onto the threads of the vertical pipes. Now back the vertical pipes out of their lower fittings about halfway until the top threads engage with the fittings above. As you work, keep both sides of the ladder the same height, and loop a belt around the rungs to hold them in place. Once the top rung is in place, thread in the short vertical pipes and flanges.

A


B

C

SEE HOW IT'S DONE
To watch a video of this project, use a tablet or smartphone to scan this page with the Blippar app, or go to **thisoldhouse.com/sep2013**

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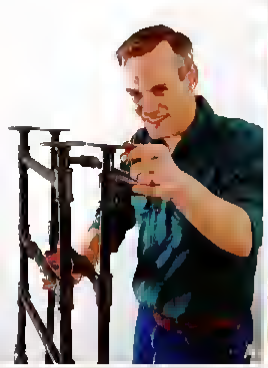
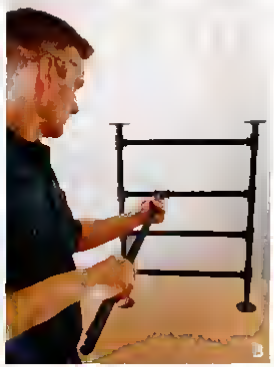




4 ASSEMBLE THE BASE

A] **Build the towel-bar side.** Lay out the pieces for the opposite, towel-bar side. You'll need four flanges, eleven pieces of threaded pipe, four tee fittings, and two elbows. Repeat all of Step 3 to build the towel-bar side. It's critical that the horizontal tee fittings on both sides line up so that the stretcher and the shelf will be level. Stand the towel-bar side next to the ladder side to compare it, and adjust the flanges, as shown, to make the heights match.

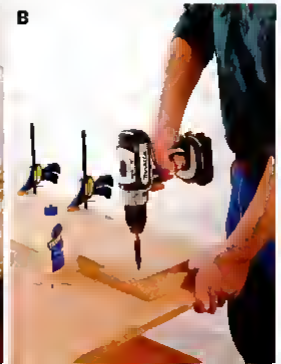
B] **Install the stretcher.** With the ladder side still secured upright to your work surface, thread the stretcher pipe into the tee fitting.

C] **Attach the towel-bar side.** Remove the screws from the ladder-side flanges, and lay the side flat with the stretcher pointing up. Set the tee fitting of the towel-bar side onto the threads of the stretcher. Rotate the entire towel-bar side, as shown, to thread the fitting with the stretcher until the pieces are well seated and the sides are in proper alignment.

5 MAKE THE SHELF

A] **Size the shelf boards.** The shelf is made up of two boards, one shorter than the other to create notches that fit against the rungs. Rest the top board in place on the stretcher rungs, one end aligned with the outside of the frame. At the other end, mark the board where it extends past the rung. Use a rafter square to guide your circular saw, as shown, to make the crosscut. Mark the bottom shelf board to fit between the rungs, and crosscut it to length.

B] **Join the shelf boards.** Lay the long shelf board facedown on your work surface. Use a section of pipe to get the right spacing for the shorter board. Apply glue to the joint between the boards, and clamp the short board in place at your marks. Using your drill/driver, countersink pilot holes, and screw the boards together from the underside of the shelf, as shown, to conceal the fasteners. Use 1-inch No. 10 flat-head screws every 10 inches around the perimeter.



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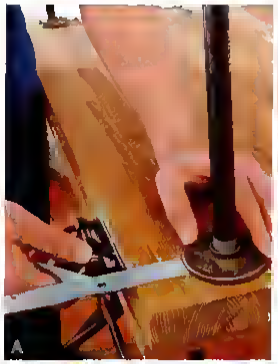
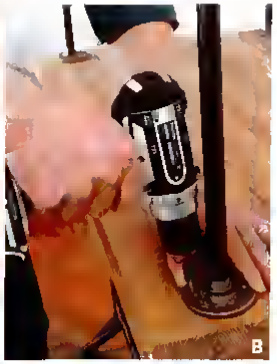
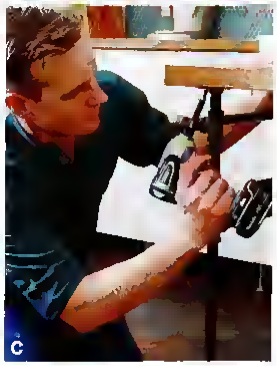






6 ASSEMBLE THE ISLAND

A] **Align the flanges.** It's easiest to assemble the island right in the kitchen. Lay the lower butcher-block counter on a temporary work surface. Set the pipe frame on top of it, and use your combination square to center and align the flanges at the corners.

B] **Secure the lower counter.** Use a ⅛-inch bit to drill pilot holes 1 inch deep in the openings in the flanges, as shown. Drive flat-head screws through the flange holes into the butcher block.

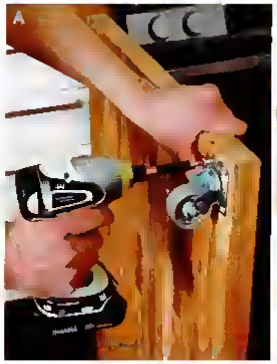
C] **Attach the countertop.** Lay the top counter on the upper flanges and use your combo square to align the flanges underneath it. Make pilot holes in the openings in each flange. Drive flat-head screws into all four holes on each flange to secure the countertop.

TIP: Make the job of driving wood screws into hardwood easier by coating their threads with beeswax or candle wax.

7 FINISH THE WOOD

A] **Attach the casters.** Tilt the assembled island onto one end. Mark the position of the holes in a caster. Use a ⅛-inch bit to drill pilot holes at your marks. Secure the caster with 1-inch No. 10 pan-head screws. Repeat the process with the other three casters.

B] **Oil the wood.** Set the island back up on its casters. Pour mineral oil on a clean, dry cloth and wipe it over the countertop and the cut edges. Oil the shelf and set it in place on the shelf rungs. Allow the oil to soak into the wood for an hour, then apply another coat. Wipe off any excess oil, and you're ready to start cooking.



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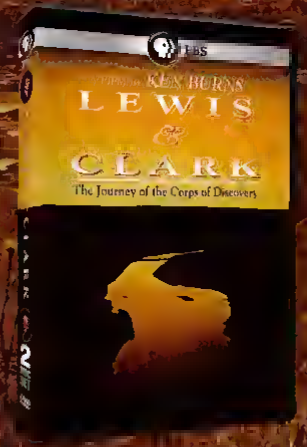

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12 COLOR COMBOS THAT REALLY COOK

Warm up your kitchen cabinets with a two-tone scheme

by Megan Baker

AMERICA LOVES A WHITE KITCHEN. We get it. White's clean, simple, orderly—and, even devotees have to agree, a bit of a no-brainer. But we're here to tell you that color can be a kitchen's best friend, cleverly highlighting architectural details or transforming dated cabinetry. It can change the whole feeling of the room. Even brightening up just one area—an island, say—with a refreshing hue can be a real mood-booster. Combine two colors on your cabinets, and you're on your way to a truly personal look. So break out of the white-and-wood zone and let color work the room. We've pulled together a dozen duos to get you going.

PHOTOS: JOHN W. HALL (FALL PAINT DARBY BRAYNHAM); MEDIGITAL STUDIO

1

Sea + Sky

One no-fail approach: using two shades of the same color. In this large open kitchen designed by architect Stuart Disston, the deep-blue island takes center stage while sky-hued cabinets define the perimeter. Interior designer Sherrill Canet chose the custom shades to ground the high ceilinged space and harmonize with the stainless-steel appliances and the island's bands of dark wood.

FOR A SIMILAR LOOK, TRY

BEHR
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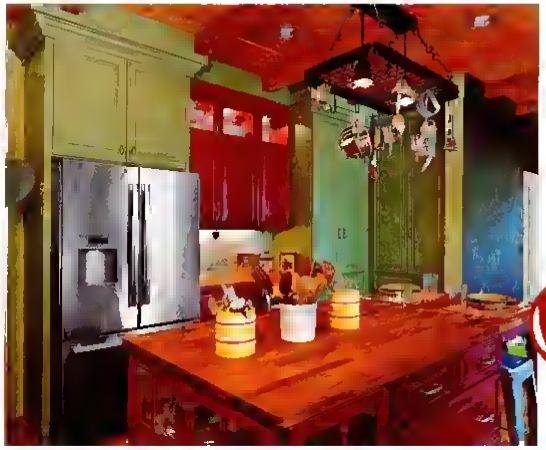
Tropical Pool



2

Barn Red + Sage Green

To keep this complementary color scheme from skewing too Christmassy, kitchen designer Carlie Kornick chose soft, muted tones. Wood finishes on the island, ceiling, and floor warm up the overall palette even more.

FOR A SIMILAR LOOK, TRY

BENJAMIN MOORE
Lady Bug Red

BENJAMIN MOORE
Grasslands

3

Leaf Green + White

The vibrant island holds court in this crisp white kitchen, but interior designer Gideon Mendelson didn't want it to be a solo act. So he covered the ceiling with custom painted canvas (wallpaper could work too) in a matching green-and-white scheme. Along with plates hung over the cooktop, it invites the eye to travel around the room.

FOR A SIMILAR LOOK, TRY

SHERWIN-WILLIAMS
Alabaster

SHERWIN-WILLIAMS
Paradise

PHOTOS: (TOP) ERIC ROTH; (BOTTOM) COURTESY OF KRAFTMAID CABINETRY. (OPPOSITE PAGE, TOP) JEFFREY VAUGHN. (BOTTOM) ERICA ASECK-OTTO

4

Bold Blue + Soft Blue

To add some oomph to the simple Shaker-style cabinets in this kitchen, architect Adolfo Perez used pale blue on the cabinet boxes and a deeper shade on doors and drawer fronts. The result: pure cottage charm.

FOR A SIMILAR LOOK, TRY

MYTHIC
Romantic Blue

MYTHIC
Smooth Blue

5

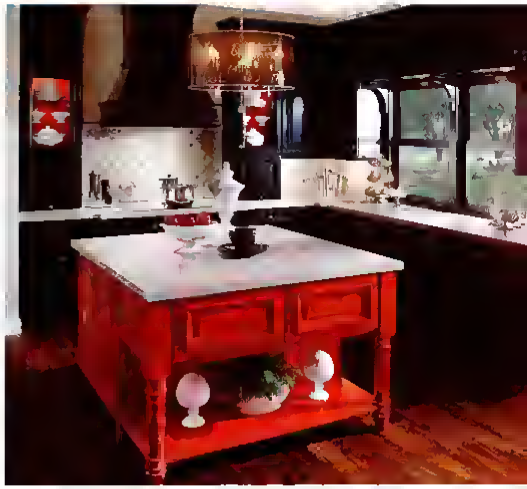
Bright Red + Midnight Black

This dramatic kitchen by KraftMaid feels balanced thanks to a pairing of equal-intensity colors. Black cabinets effectively fade into the background to show off the red island at center, while a light backsplash and countertops keep the painted pieces from feeling heavy.

FOR A SIMILAR LOOK, TRY

OLYMPIC
Red Gumball

OLYMPIC
Phantom Mist



6

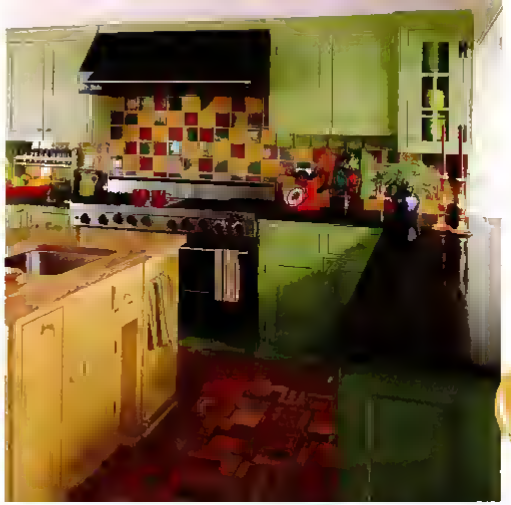
Cool Gray + Hot Orange

A changeable color—is it blue? is it gray?—this neutral has enough interest to stand on its own. But it really comes alive paired with the fiery orange that interior designer Andra Birkerts added on the island. Painting the backs of the open shelves a lighter tint of the same gray adds depth and showcases the bright accessories.

FOR A SIMILAR LOOK, TRY

VALSPAR
Ultra Orange

VALSPAR
Ice Rink Blue

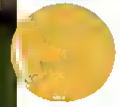


7

Lemon + Lime

Vibrant colors reign in homeowner Nancy Traversy's kitchen, where bold green perimeter cabinets and a sunny yellow island are united by the kitchen's multicolor tile backsplash. Dark granite and light wood counters focus all the attention on the cheery palette.

FOR A SIMILAR LOOK, TRY



BEHR
Cornmeal

BEHR
Carolina Parakeet

8

Deep Aqua + White

Too much white can blur a room's details. To highlight the architecture of this space, interior designer Kelly LaPlante used a mid-tone blue to ground the floor and define the ceiling trusswork. The same color on cabinet doors and the built-ins' exposed edges brings these charming features to the fore.

FOR A SIMILAR LOOK, TRY

BENJAMIN MOORE
Ultra White

BENJAMIN MOORE
Bayville Blue

PHOTOS: (TOP) ERIC ROTH; (BOTTOM) MARK LOHMAN; (OPPOSITE PAGE) ERIC ROTH

9

Pale Gray + Greenish Blue

To give this kitchen some zing without overwhelming the color shy homeowner, interior designer Liz Caan ringed the room with neutral gray cabinets before painting the island a dusty green-tinged blue. Gray-veined marble on the island countertop and range backsplash helps tie the two areas together.

FOR A SIMILAR LOOK, TRY

FARROW & BALL
Lamp Room Gray

FARROW & BALL
Dix Blue

10

Flame Red +Soft Yellow

Interior designer Liz Mitchell chose a punchy scheme to brighten this corner bar, just off the kitchen. Using a light yellow paint glaze mix on the panels adds dimension to bright orange-red cabinets. Green wallpaper makes the colors pop even more, while a rich mahogany countertop keeps the look from being too whimsical.

FOR A SIMILAR LOOK, TRY

SHERWIN-WILLIAMS
Butter Up

SHERWIN-WILLIAMS
Fireworks

GET MORE PRO SECRETS
For step-by-step instructions for painting your kitchen cabinets, use a tablet or smartphone to scan this page with the Blippar app, or go to **thisoldhouse.com/sep2013**

PHOTOS, ERIC ROTH (2); (OPPOSITE PAGE) ERIC ROTH (2)

11

Cornflower + Yellow

Golden cabinets get a brightness boost set against a soothing deep blue backdrop in this kitchen by Morse Constructions. Using the blue on the backs of the open shelves adds depth, while a sliver of white trim above and below the yellow cabinets and a row of glass-front cabinets up top lend a sense of airiness.

FOR A SIMILAR LOOK, TRY

RALPH LAUREN
Bellflower Blue

RALPH LAUREN
Goldfinch

12

Jadeite + Buttermilk

To achieve the look of a farmhouse kitchen stocked with furniture pieces, architect John Tittmann used soft colors to highlight distinct cabinet sections. The cooktop area is defined with pale yellow beadboard panels and a vintage green distinguish the fridge unit. Accent tiles help marry the colors used in the room.

FOR A SIMILAR LOOK, TRY

PITTSBURGH PAINTS
Banana Pudding

PITTSBURGH PAINTS
Sprite Twist

FOR MORE INFORMATION, SEE DIRECTORY, PAGE 114

PLANT THIS NOT THAT

18 trouble-free alternatives to popular shrubs that have earned the "invasive" label

BY ANDREW KEYS

NOT ALL POPULAR PLANTS DESERVE THEIR GOOD REPUTATIONS. Take burning bush, for instance. Its scarlet fall foliage has charmed gardeners for generations. But this old favorite has a dark secret. It spreads like wildfire. And while most prolific plants can be kept in check with regular pruning, burning bush belongs to a whole gang of common shrubs that seem set on world domination.

These garden thugs are known as "invasive," a term reserved for any non-native plant that escapes the confines of beds and borders, muscles its way into local ecosystems, crowds out native plants, and, in turn, destroys natural wildlife habitats. Many of these troublemakers are still widely sold at local and mail-order nurseries, but just because you can buy a plant doesn't mean you should. The challenge is to find well-mannered alternatives that are equally ornamental. The following plant suggestions put that quandary to rest for seven of the nation's most noxious shrubs. And now's a great time to make the swap: Shrubs planted in fall's cooler temperatures have a stress-free stretch of weeks to put down roots in preparation for a surge of growth come spring.

PROBLEM PLANT:
ROSE OF SHARON
(Hibiscus syriacus)

WHY IT'S POPULAR: Exotic, late-summer flowers
WHERE IT'S TROUBLE: AR, IN, KY, LA, MD, NJ, PA, VA, WV

GREAT ALTERNATIVES

OAKLEAF HYDRANGEA
(Hydrangea quercifolia)

WHY IT'S A STANDOUT: This Southern native boasts long-lasting white summer blooms that fade to rose. Its oak-leaf–like foliage has great fall color. Grows up to 8 feet tall and wide.
WHAT IT NEEDS: Full sun to partial shade, average, well-drained soil
ZONES: 5 to 9

CONFEDERATE ROSE
(Hibiscus mutabilis)

WHY IT'S A STANDOUT: Fall is this shrub's high season, when big ruffled flowers in white and pink tip its branches. Those grown in Zone 8 or colder die back in winter but return each spring as full-size shrubs with new shoots 6 to 8 feet tall.
WHAT IT NEEDS: Full sun to partial shade, average soil
ZONES: 7 to 10

PROBLEM PLANT: LANTANA

(Lantana camara)

WHY IT'S POPULAR: Long-lasting flowers in a range of colors

WHERE IT'S TROUBLE: AZ, FL, LA, SC, TX

GREAT ALTERNATIVES

LANTANA, STERILE CULTIVARS *(Lantana camara)*

WHY IT'S A STANDOUT: Unlike their self-sowing siblings, new sterile varieties, such as 'New Gold' (shown), won't spawn seedlings. Growing up to 4 feet tall, these long bloomers attract butterflies and come in a rainbow of hues.

WHAT IT NEEDS: Full sun, average, well-drained soil

ZONES: 8 to 11

'THE FAIRY' ROSE

(Rosa 'The Fairy')

WHY IT'S A STANDOUT: Easy-care, low-growing, and long-blooming, 'The Fairy' rose has tiny pink blossoms from spring to fall, resists disease, and makes a fanciful groundcover. Up to 3 feet tall and wide.

WHAT IT NEEDS: Full sun, average, well-drained soil

ZONES: 5 to 9

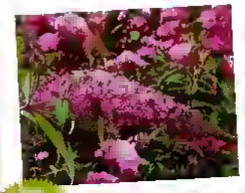
PHOTOS, CLOCKWISE FROM TOP LEFT: LOREN NYHUS (2); JONATHAN BUCKLEY/BHP PHOTOS; © GREEN NYHUS; ANDY WHITE/MARGEAR PHOTOS; JERNUA MCCULLOUGH/PHYTOPHOTO; ROB CARDILLO; ROBIN HOTH (BOTH); ANDY WHITE/PHARE; CLAUDIA RICHTER; SUSAN A. ROTH; © GREEN NYHUS (2)

PROBLEM PLANT: BUTTERFLY BUSH

(Buddleia davidii)

WHY IT'S POPULAR: Fragrant summer flowers that attract pollinators

WHERE IT'S TROUBLE: CA, CT, NJ, NY, OR, PA, WA, WV



GREAT ALTERNATIVES

SUMMERSWEET

(Clethra alnifolia)

WHY IT'S A STANDOUT: At the height of its summer bloom you'll smell this spicy-scented shrub before you spot it. Most varieties flower white, but for a splash of pink, try 'Ruby Spice' (shown). This native lures birds, bees, and butterflies, turns gold in fall, and grows, on average, 5 to 8 feet tall and 4 to 6 feet wide.

WHAT IT NEEDS: Full sun to partial shade; prefers average to moist soil but tolerates clay and soggy conditions

ZONES: 3 to 9

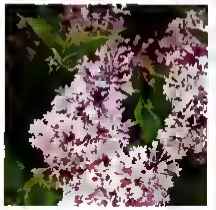
SEVEN-SON FLOWER

(Heptacodium miconioides)

WHY IT'S A STANDOUT: This underused gem flaunts fragrant white blooms through late summer, followed by pink purple fruit in fall and an attractive display of cream-colored peeling bark in winter. Naturally a very large, 20-foot-tall by 10-foot-wide shrub, it can serve as a small tree with a little pruning.

WHAT IT NEEDS: Full sun, average, well-drained soil

ZONES: 5 to 9



'MISS KIM' KOREAN LILAC

(Syringa pabescens subsp *patula* 'Miss Kim')

WHY IT'S A STANDOUT: Adored for its rafts of decadently fragrant, lavender-pink flowers, 'Miss Kim' blooms on the cusp of summer (later than most lilacs), making it an excellent substitute for butterfly bush. It keeps a tidy shape as it grows 6 to 8 feet tall and wide, and wraps up each season with a display of burgundy fall foliage.

WHAT IT NEEDS: Full sun, average, well-drained soil

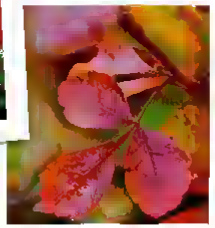
ZONES: 3 to 8

PROBLEM PLANT: BURNING BUSH

(Euonymus alatus)

WHY IT'S POPULAR: Scarlet fall foliage

WHERE IT'S TROUBLE: CT, IL, IN, KY, ME, MD, MA, MN, MO, NH, NJ, NY, OH, PA, TN, VT, VA, WV, WI



GREAT ALTERNATIVES

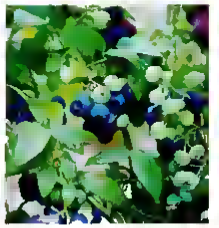
FRAGRANT SUMAC

(Rhus aromatica)

WHY IT'S A STANDOUT: The fall color on this native is off the charts, and it also dons bunches of cream blossoms in spring. Female plants offer fuzzy red summer berries that birds devour. Most varieties grow 2 to 6 feet tall and will slowly colonize a 6-foot area.

WHAT IT NEEDS: Full sun to partial shade; average to dry, well-drained soil

ZONES: 3 to 9

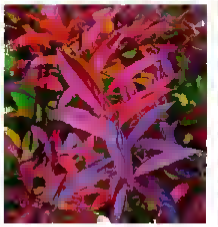


BLUEBERRY *(Vaccinium corymbosum* 'shown' and *V. ashei)*

WHY IT'S A STANDOUT: The native blueberry is best known for its sweet fruit, but the beauty of this shrub is too often overlooked. Both species come in a variety of sizes and promise bright fall foliage and bell-shaped spring flowers.

WHAT IT NEEDS: Full sun to partial shade, well-drained, acidic soil

ZONES: 3 to 9



VIRGINIA SWEETSPIRE

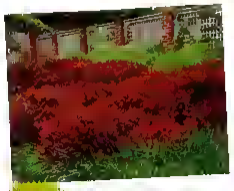
(Itea virginica)

WHY IT'S A STANDOUT: The blazing fall foliage on this native is just one of its many virtues. Topping off at just 5 feet, this adaptable shrub tolerates boggy soil, clay, and dense shade. In summer, it puts on a brilliant show of fragrant white flowers, in winter, its bare red stems continue to attract attention.

WHAT IT NEEDS: Full sun to partial shade; prefers moist soil

ZONES: 5 to 9

LEARN MORE: For a list of invasive plants in your area, consult eddmaps.org, a national database.



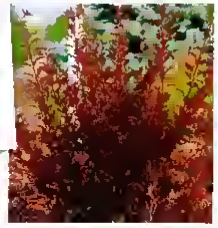
PROBLEM PLANT: BARBERRY

(Berberis thunbergii)

WHY IT'S POPULAR Red, purple, or gold foliage offers an alternative to green.

WHERE IT'S TROUBLE CT, DE, IL, IN, IA, ME, MD, MA, MI, MN, NH, NJ, NY, NC, OH, PA, VT, VA, WV, WI

GREAT ALTERNATIVES



NINEBARK *(Physocarpus opulifolius)*

WHY IT'S A STANDOUT This rugged native offers snowball like flowers in spring and foliage in several bright hues. The 4-foot-tall 'Little Devil' (shown) is a burgundy-clad dwarf that makes an especially good substitute for barberry. Most other varieties grow up to 8 feet tall and wide.

WHAT IT NEEDS Full sun to partial shade; average to dry, well-drained soil

ZONES 2 to 8

WEIGELA *(Weigela florida)*

WHY IT'S A STANDOUT Weigela sports sumptuously colored leaves in shades of red, purple, gold, or cream, depending on the variety. And in spring, these beauties produce trumpet-like flowers in a range of pinks. The 5-foot-tall 'Wine and Roses' (shown) is a common favorite with magenta blooms, merlot-colored foliage, and a compact, rounded shape.

WHAT IT NEEDS Full sun, average, well-drained soil

ZONES 4 to 8

LEUCOTHOE *(Leucothoe fontanesiana)*

WHY IT'S A STANDOUT This underused native shines with mostly glossy evergreen leaves that deer rarely sample. 'Rainbow' (shown) is a variegated variety that grows 3 to 5 feet tall and wide, while 'Scarletta' is a spectacular red-leaved shrub that's up to 2 feet tall and 3 to 4 feet wide. Both flaunt white blooms in spring.

WHAT IT NEEDS Full to partial shade; prefers moist, acidic soil

ZONES 5 to 9

PROBLEM PLANT: CHINESE PRIVET

(Ligustrum sinense)

WHY IT'S POPULAR Deer resistant and excellent as a hedge

WHERE IT'S TROUBLE AL, AR, FL, GA, KY, LA, MA, MS, NC, OK, SC, TN, TX, VA

GREAT ALTERNATIVES

INKBERRY *(Ilex glabra)*

WHY IT'S A STANDOUT This adaptable native makes a fine evergreen hedge, from 3 to 8 feet tall and wide. Prune in early spring to keep plants from growing leggy, or select a compact variety such as 'Shamrock' or 'Densa.' Deer usually leave the foliage alone, while birds go wild in the fall for its black berries.

WHAT IT NEEDS Full sun to partial shade; rich, acidic soil

ZONES 4 to 9

TEXAS RANGER *(Leucophyllum langmaniae)*

WHY IT'S A STANDOUT Drought and heat tolerant, this shrub thrives where many traditional hedging plants struggle. Its branches have lavender flowers from summer to fall and silver or green foliage. 'Rio Bravo' (shown) is extra-compact, while Lynn's Legacy has bigger blooms; both grow 5 feet tall and wide.

WHAT IT NEEDS Full sun, dry, well-drained soil

ZONES 8 to 11

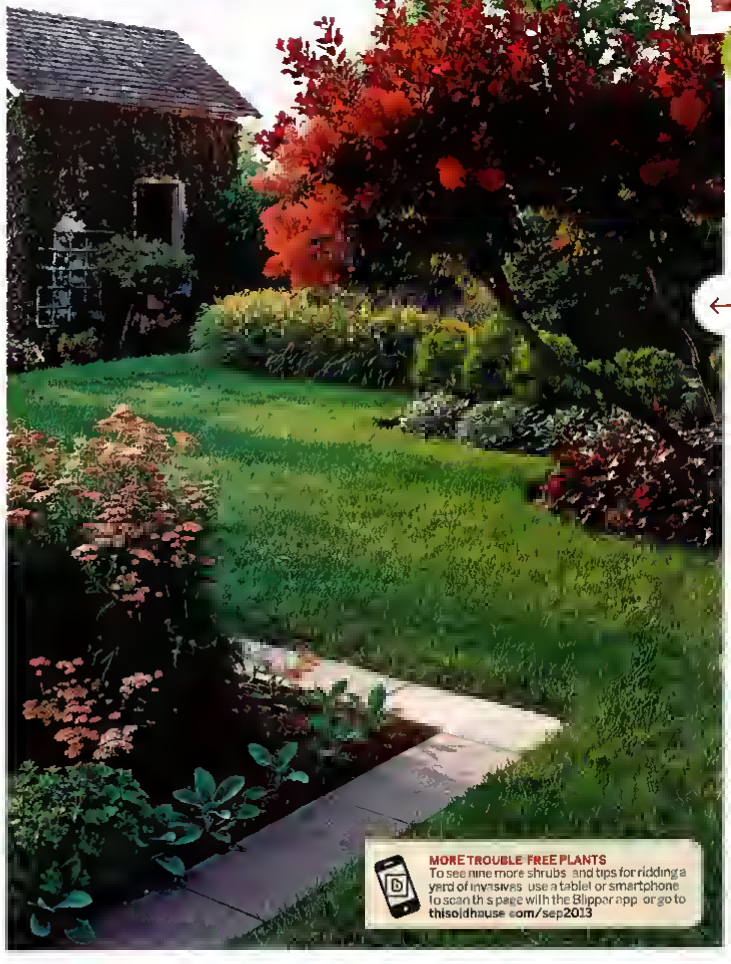
ABELIA *(Abelia x grandiflora)*

WHY IT'S A STANDOUT Easily shaped, this shrub forms a 3- to 6-foot tall hedge and blooms in summer with fragrant white flowers. Varieties include solid-green-leaved plants as well as brightly variegated ones, such as 'Kaleidoscope' (shown). For full branching, give abelia a sunny spot and prune regularly.

WHAT IT NEEDS Full sun to partial shade; average, well-drained soil

ZONES 5 to 9

PHOTOS, CLOCKWISE FROM TOP LEFT: SUSAN ROTH; COURTESY OF BAILEY NURSERIES; JULIE WHITCOMB/FINE PHOTOS; BARBARA WYMAN (2); COURTESY OF MINNEWA; ROB CARDILLO; SUSAN ROTH; COPYRIGHT PAUL GILDORF/GE FROM LEFT); FARMER GLENN; BARBARA WYMAN (2)



PROBLEM PLANT: SALTCEDAR

(Tamarix ramosissima)

WHY IT'S POPULAR Summer flowers and fine-textured leaves

WHERE IT'S TROUBLE AZ, CA, CO, ID, KS, NE, NV, NM, ND, OK, OR, SD, UT, WA

GREAT ALTERNATIVES

SMOKE BUSH *(Cotinus coggygria)*

WHY IT'S A STANDOUT In summer, a lather of rosy flowers tops this 15-foot tall shrub. In fall, its leaves turn bright shades of red and orange. For a purple-leaved variety, try 'Royal Purple' or the hybrid 'Grace.'

WHAT IT NEEDS Full sun, average to dry, well-drained soil

ZONES 5 to 9

DESERT WILLOW *(Chilopsis linearis)*

WHY IT'S A STANDOUT Boasting wispy foliage and long-lasting blooms, this fast-growing native grows up to 35 feet tall and is covered from spring to fall with sweet-scented pink flowers that attract hummingbirds.

WHAT IT NEEDS Full sun to partial shade; dry, well-drained soil

ZONES 6 to 9

MORE TROUBLE FREE PLANTS
To see nine more shrubs and tips for ridding a yard of invasives, use a tablet or smartphone to scan this page with the Blippar app, or go to thisoldhouse.com/sep2013

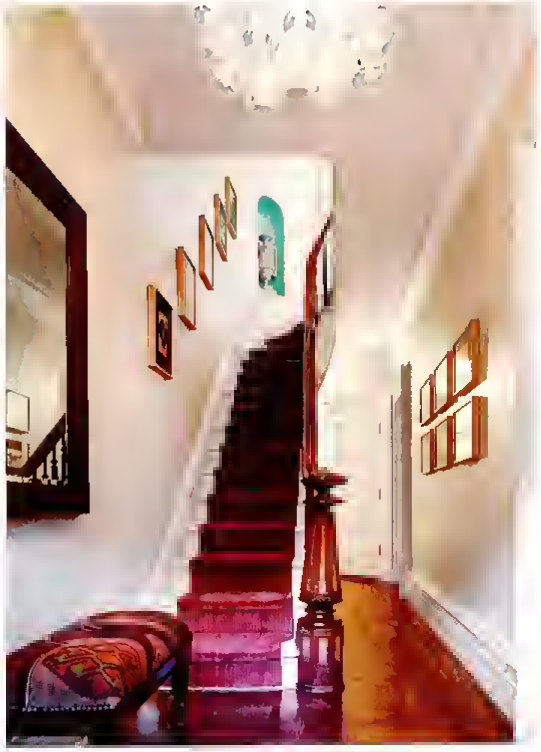
STUDY IN CONTRAST
A red rug brightens the floor and balances lilac walls in the living room of Scott Omelianuk and Cara Dubroff's 1850s house. They customized the wall color by blending two off-the-shelf formulas. Pottery and coffee table: Urban Nesters. Rug: Dolma.

PAINTS: (ALL PAINT BARS) BRIAN HENN/TIME INC. BIBITAL STUDIO

COLOR IDEAS

colorful story

WHILE PUTTING THE FINAL TOUCHES ON A SEVEN-YEAR REDO, *THIS OLD HOUSE*'S EDITOR LEARNS TO SEE PAINT CHOICES—AND DOMESTIC HARMONY—IN A NEW LIGHT



BY DEBORAH BALDWIN • PHOTOGRAPHS BY BRUCE BUCK
STYLING BY PATRICIA GAYLOR AND COLETTE SCANLON

BEHR
Belvedere Cream

BEHR
Aqua Spray

NEUTRAL GROUND
The entry hall's off-white walls recede, setting off the richly colored runner, the two-tone newel post, and the bright blue alcove at a bend in the stairs.
Runner: ABC Carpet & Home. Bench: Tribal Home. Mirror: Urban Nesters

Heard the one about the magazine editor who spent all day telling his readers how to fix up their old houses, then went home at night to stare at blank walls?

Not that the guy in the corner office at *This Old House* has made a secret of the problems he's had trying to shore up his family's 1892 Hoboken, New Jersey, townhouse. The contractor who went missing, the electrician who got away, close readers of Scott Omelianuk's monthly editor's letter may be forgiven for wondering how one seemingly intelligent homeowner could get into so much trouble. A whole-house redo that stretched to seven years—seriously?

"The process was slow. We were always looking for the perfect thing," comes the sheepish response.

Yet all that searching has clearly paid off, as Scott and his fellow perfectionist, wife Cara Dubroff, found the right things in each case, from the unique mix of mosaic and oversize glass subway tile in the powder room to the rift-sawn European-oak matched-grain veneer slab-front cabinets in the kitchen.

But one thing really stymied them, and it was not the difficult (and, in the end, spot-on) choice of light fixtures throughout, or even the hunt for a sofa for the TV room, a decision known to reduce some couples to tearful squabbling. It was settling on paint colors.

"She has an eye, it's just different from mine," says Scott, recalling Cara's raised-brow reaction the first time she stepped into the house and took note of its all-white walls.

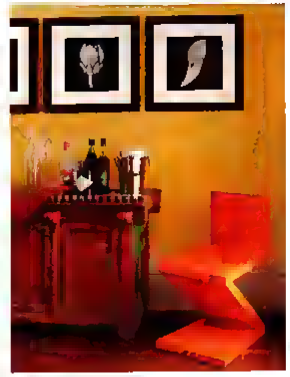
A former graphic designer who views color as an essential mood enhancer—and may have underestimated the strength of her husband-to-be's views—Cara dismissed the idea of white walls as "ridiculous."

Luckily, perhaps, all those storied setbacks you've read about during the renovation allowed the two to postpone The Paint Talk while also learning to appreciate each other's taste in other things.

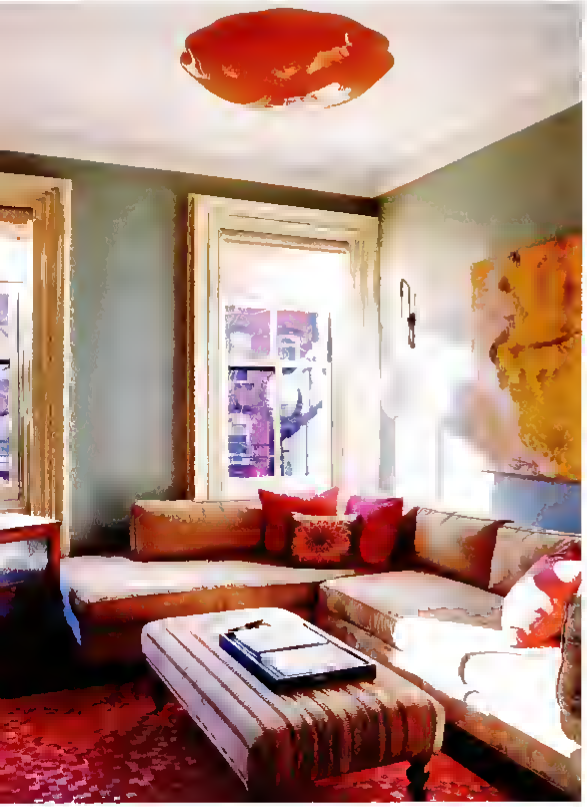
Call it bonding through nesting. Together they pounced on a group of Spanish-language anatomy posters, bagging them at auction for $11, and then had a good mutual laugh as they spent a fortune on frames. She agreed that the giant vintage clock he had brought to the marriage looked right at home on a dining room wall, he noted that the Eames chairs she found on the street before they met were an oddly great fit for the same space.

HONEY AND CHOCOLATE
LEFT The paint choice for the dining room walls came from the much-loved vintage clock and mid-century chairs. BELOW Cabinets were made with a "closed pore" finish and conversion varnish, and a custom stain with a reddish tint that's picked up by the seating. *Table: Vermont Farm Table. Stools: Barn Light Electric.*

BEHR
Torchlight



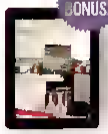
SPICY ACCENTS
Scott built the orange zigzag chair, which sits next to a red 18th-century Chinese chest in the open dining room. The original perquat floors were stained a medium brown to balance the kitchen's dark cabinets and new light floors.



SOOTHING OUO
Tha TV room wells went through a geranium phase which eventually gave way le soft green with yellow-tinted trim e scheme inspired by a setting in *Downton Abbay*. Red accessories pay homage to the nixed paint colorland e striped ottoman rainforces the multicalored scheme. *Rug: Dolma. Window shades: Hunter Douglas. Pillows: West Elm.*

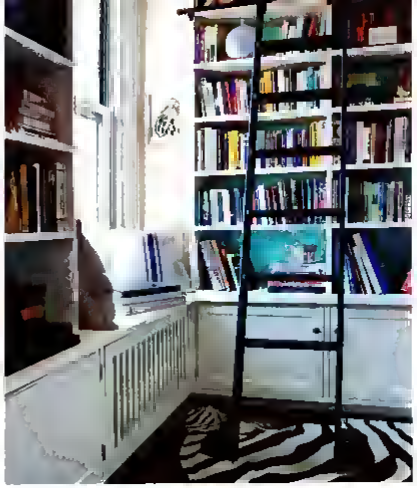
BENJAMIN MOOBE
Sage Wisdom

BENJAMIN MOORE
Butter Cookie



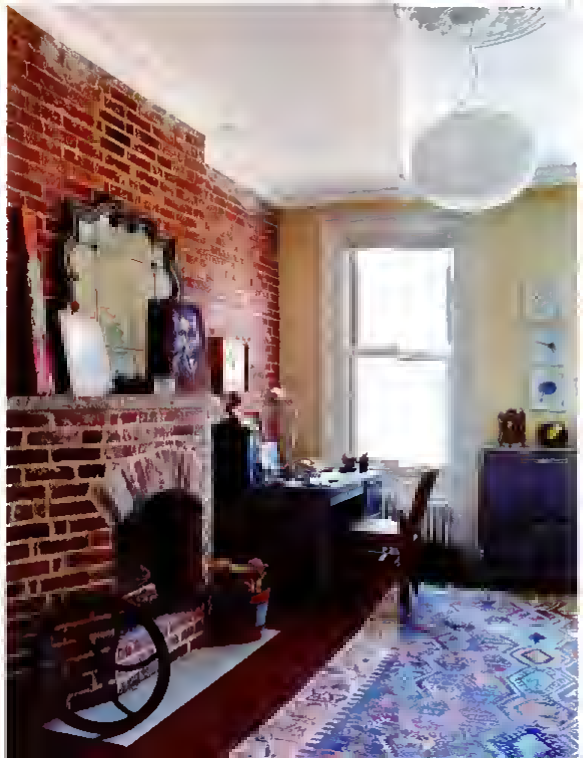
TABLET BONUS!

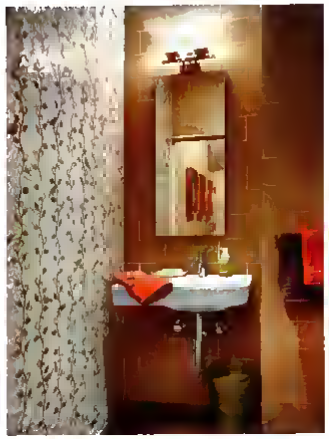
Think this redo was all fun and paint colors? To chack out a few ol Scott s "before" shots get your tablet edition at **thisoldhouse com/tablet**



VALSPAR
Buttered Popcorn

WARM WORK ZONE
Pale yellow walls soften the russet brick, red-painted floorboards, and steel furniture in Scott s top floor office. An antique kilim carpet ties the colors together





VINTAGE MEETS MOOERN
The tiny moss hued powder room gains presence from an ornate mosaic tiled accent wall amid oversize glass rectangles and wall-hung fixtures. *Tile: Artistic Tila*

CLEAR AND CRISP
The small library on the top floor was finished with a black-painted ladder, a brown and white zebra rug, and white built-in shelves backed with blue

BENJAMIN MOORE
Spectra Blue

As the redo bore on, stopping only to make way for baby Luca, now 2, they found ways to enjoy, as Scott puts it, "completely different personalities in every room that blend in a way that's comfortable." The result is a mix of vintage and contemporary, and, yes, muted and bright.

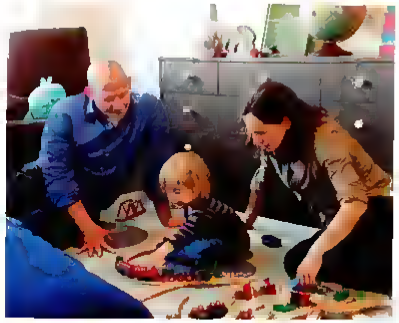
Calibrating that paint palette was... a collaboration. And a journey. Cara's first choice for the TV room was a color she calls geranium, but it gave Scott the heebie-jeebies. So as she worked out a scheme she spied while watching *Downton Abbey*—blue-green walls with the palest yellow trim—he hid out in front of the TV in the kitchen.

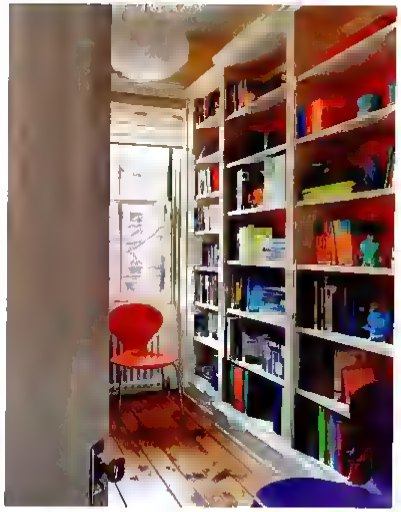
That was one room where Scott's early aesthetic held fast, long after the test of the room was done. The couple thought they would back-paint glass for the backsplash, so they put up a dozen test swatches. And then a dozen more. But the only thing they agreed on was that none was quite right. Their cabinetmaker, Robert Wilson, no doubt seeking closure, let himself in one day and put up a big patch of lime green. It may have made his maroon-flecked cabinet finish snap alive, but not his clients, who decided not to decide for another 18 months.

In other rooms, the palette grew almost organically from furnishings the couple loved: in the dining room, a complex honey-yellow to complement both the vintage clock and the found chairs, in the living room, a lavender that plays off a mutually admired red rug and those posters with their hand-tinted organs and pricey frames. After testing several pale purple shades, they hand-mixed two to create a just-right custom blend, the kind of experience that is sure to bring two people together.

Agreeing that the shiny orange pine floors upstairs left them cold, they put down paint: white in the hallways and red in the master bedroom, where it is complemented by warm gray walls and by antique furniture painted by a favorite local shop, Urban Nesters. Luca's room ended up with floors painted brown-tinged black to ground the ornate moldings and walls painted what you could call Scott White. They showcase the colorful toys and wall art on display.

Cara's love of color clearly had the edge in other nooks around the house, including her office, where Scott and his brother, Brett, built shelves backed with pungent orange. Bright blue insinuated itself into Scott's workspace via a vintage cabinet that is lined in the hue, which also appears along the backs of the shelves in the adjacent vest-pocket library. Cara ultimately persuaded Scott to paint his office walls pale

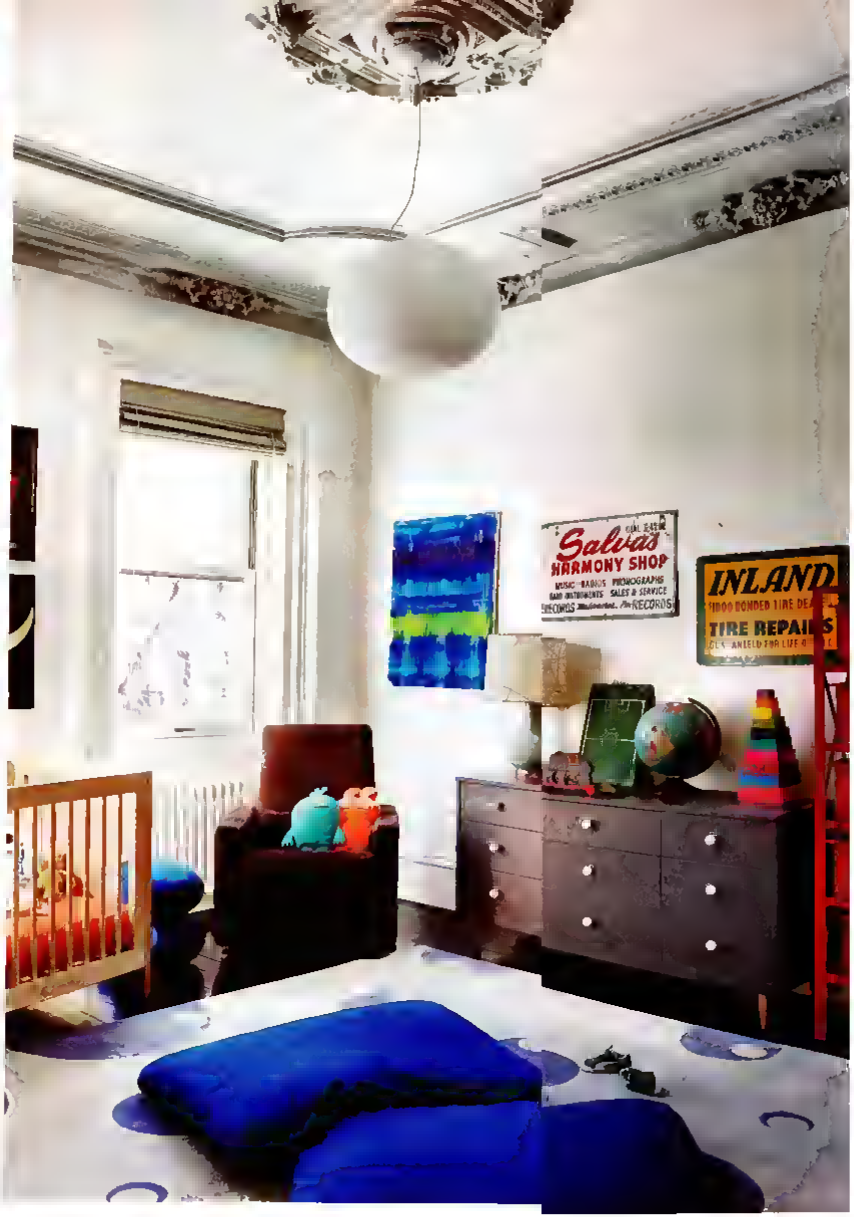




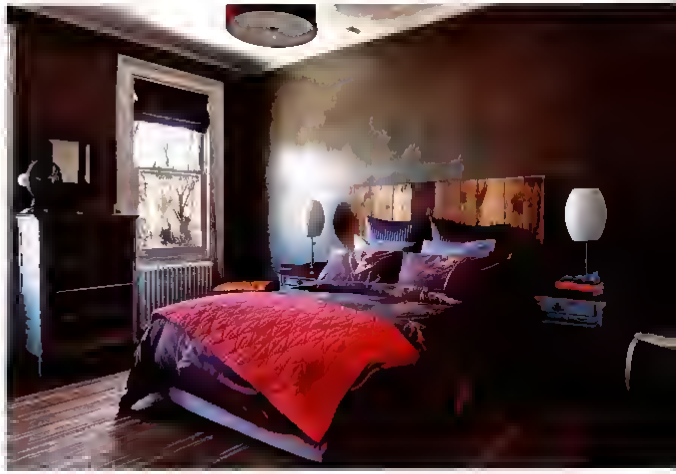
HIGH-ENERGY HUE
In Cara's office the walls are a yellow beige but the built-in shelves are backed in bright orange, one of her favorite colors. Books and collectibles help dilute the powerful shade and keep it from feeling overwhelming.

RALPH LAUREN
Chamois

BEHR
Startling Orange



WHITE WITH BRIGHTS
LEFT: Colorful toys and furnishings do most of the talking in the white walled bedroom of 2-year-old Luca, at play with his mom and dad (FAR LEFT). The ornate plaster moldings were stripped and left unpainted; a contemporary pendant light provides a dynamic contrast. Black floor paint warmed up with a hint of brown sets off the blue rug. *Pendant, Flos*



yellow, an airy counterpoint to the exposed brick.

It was around the time that Luca learned to say *purple*—seven years into the renovation—that the couple finally hit on an answer for the kitchen. While in a tile store on a different mission, they happened on a glass mosaic with enough texture to give depth to its faint green color. Scott recalls that they agreed, independently, "Yeah, this'd do."

In most households, one person ultimately wears down the other and assumes decorative rule. But here, "there were no unilateral decisions," says Cara. Friends and tradesmen inadvertently solidified the couple's cohesive stance, in one case by walking into the living room midway through its lavender transformation and blurting out, "You're not really leaving this!" As Scott observes, during a project in progress, whether it's picking a paint color or a name for the baby, "People lose their sense of decorum and will tell you what they think."

He likes to say that his wife had to talk him into color, "room by room," but it's clear he is pleased with the result.

"What I love about the house, what's special about it, is its architectural details," he says. "And all that color makes more of those details than the white walls ever did." ■

COCOONING COLOR
The warm brown-gray walls of the master bedroom, which is on the lower-ceilinged top floor, have a hint of blue to complement the painted furniture and multi-stripe rug.
Dresser, side tables, and headboard: Urban Nesters
Rug: ABC Carpet & Home

VALSPAR
Windmill

FOR MORE INFORMATION, SEE DIRECTORY, PAGE 114

<ALL ABOUT>

Vent Hoods

An essential partner to your range, these workhorses help keep your kitchen's air clean. Here's how to choose the right one BY LISA SIGLAG

IF YOU'VE EVER FORGOTTEN to turn on the fan while trying to get a nice crust on a pan full of fish fillets, you're familiar with the importance of good ventilation. In addition to whisking away unwanted odors, vent hoods remove moisture and grease, as well as carbon monoxide, nitrogen dioxide, and other pollutants that cooking can release into the air. While these by-products may simply sound like nuisances, studies have shown that cooking without proper ventilation is one cause of poor indoor air quality that can negatively affect your health. That's why the International Residential Code and the U.S. Environmental Protection Agency strongly advise homeowners to install a vent hood to capture, filter, and then expel the fumes outside through a vent in an exterior wall or on the roof.

As houses have become better insulated, and with high-BTU commercial-style ranges ever more popular, proper ventilation has become an increasingly important issue. Picking the right hood requires you to take into account the power of your range and the way you use it, but it's also a huge style decision for your kitchen. The good news is that while range hoods are a practical necessity, the variety of available looks has never been better, whether you prefer front-and-center utilitarian stainless steel, an insert completely camouflaged behind cabinetry, an artisan-made copper chimney, or a modernist glass unit, there's a style that will work for you.

Read on for everything you'll need to consider when choosing a vent hood for your kitchen.

Hung from the ceiling, a stainless-steel chimney-style hood vents steam and odors from an island cooktop. Shown: Zephyr 36-inch Napoli island hood, starting at $2,009; zephyronline.com for dealers.

VITALS

HOW MUCH DOES IT COST? Prices vary depending on size, functionality, and style. A basic 30-inch hood can be had for under $100, while a custom copper 60-inch ceiling-mount chimney-style one can go for more than $20,000. Most mid-priced, high-style hoods can be found for around $1,000.

DIY OR HIRE A PRO? Swapping in a similar unit is a simple job that requires basic electrical work to connect the wiring. To install a new vent, you'll need to cut holes in the walls, ceiling, or roof and run ductwork. This could be a project for an experienced DIYer or might best be left to a contractor.

WHERE TO BUY? You can order a variety of hoods online or find them at appliance retailers, showrooms, restaurant suppliers, and home centers.

WHAT ABOUT MAINTENANCE? Experts recommend cleaning the filters after every 30 hours of use—typically every month or two—to keep a hood running smoothly.

Under the hood

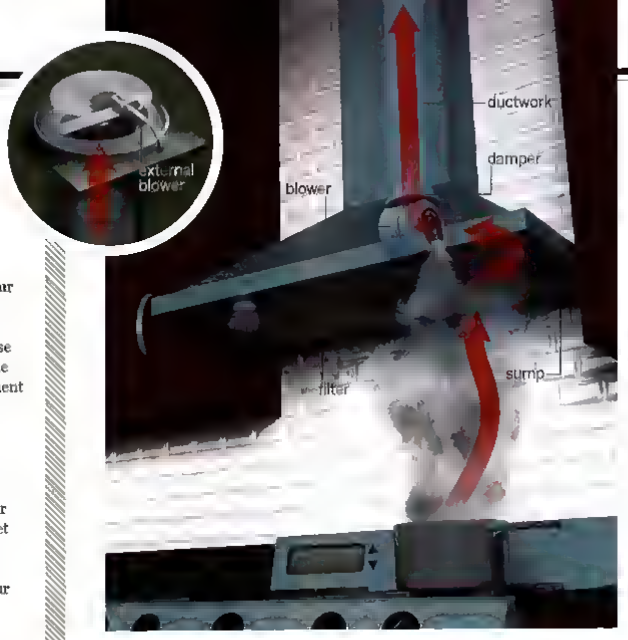
Learn these basics—inside and out—before you buy

> Ducted or not? Venting the polluted air out of your house is always preferable to recirculating it. Recirculating fans use charcoal filters to clean the air and release it back into the house when ducting to the outside is impossible, as in many apartment buildings. When it's the only option, a recirculating hood is better than no ventilation at all, but this type should never be used with pro-style appliances.

> Think about power. The amount of air the blower moves, measured in cubic feet per minute (cfm), is one of the biggest factors to consider when choosing a hood. The larger and more powerful your burners are, the more cfm you need. (See "Calculator," below right.)

> Measure it right. A hood should be at least as wide as your cooking surface, but an extra 3 inches on each side can improve efficiency. The depth should cover the back burners and at least half of the front burners, though full coverage is best. The height at which the hood hangs above your cooktop will also affect how well it works. A wall- or island-mount should be about 30 inches above the cooktop, while undercabinet-mounts, typically less powerful and with smaller ducts, should sit 24 inches above the range. If you want to place the hood higher than recommended, you'll need a wider unit—extending 3 inches beyond both sides of the range—and more cfm to compensate. (See "Calculator," right.)

> Consider the noise. To avoid a loud fan, check the sones (1 sone equals about 40 decibels). A fan set on LOW typically comes in under 1 sone, but high speeds can jump to 10 or more. For a quieter unit, look for one that's 6 or fewer sones at 600 cfm.



ANATOMY OF A VENT HOOD

SUMP> Inverted area along the rim that collects fumes until the fan can exhaust them. Should be at least 1 inch deep.

FILTER> Traps grease before it can reach the blower and ductwork. Metal mesh filters are the most common type.

BLOWER> Also called a fan, it moves air into the duct. Most blowers are in the hood, but they can be located "in-line" up in the duct itself, or externally (inset) where the duct terminates.

DUCTWORK> The metal channel that leads the air out to the exhaust vent.

DAMPER> Prevents outside air from coming in when the fan is off.

Note: Vent hoods over 400 cfm require that makeup air be brought in from the outside when the unit is on. This air can come from a supply fan, a motorized damper or another source.

CALCULATOR

HOW MANY CFM DO YOU NEED?

As a general rule, calculate 100 cfm for every linear foot of cooking surface. For pro-style ranges, the formula is 100 cfm for every 10,000 BTUs your appliance puts out. Other factors come into play as well. For every 3 inches a hood exceeds the suggested height above the cooktop, add 100 cfm. Island hoods require extra cfm to compensate for cross drafts, so calculate 150 cfm per linear foot for conventional cooktops; add an additional 100 cfm to the pro-range estimate. And consider how you cook. If you rarely grill or stir-fry at high heat, you may be able to go with a lower cfm than recommended.

PHOTOS: (OPPOSITE PAGE) (1) NATHAN KIRKMAN; (2) THOMAS J. STORY; (3) ALEX HAYDEN. ILLUSTRATIONS: (THIS PAGE) STEPHEN REMPTREE

Pick the right type

No matter your kitchen's setup, there's a stylish option to clear the air

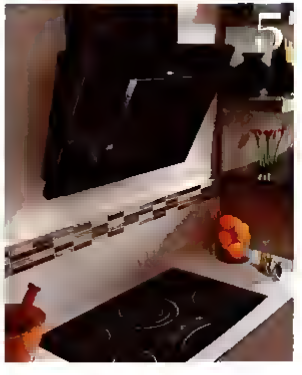
1> UNDERCABINET This type takes up less visual space but cuts down on storage if the duct runs through the upper cabinet. Some hoods sit flush below cabinetry and slide out when needed. Vented combination microwave hoods can also save space, though they're less powerful. Shown: Vent-A-Hood 30-inch DAH1B, $1,910; ventahood.com.

2> WALL-MOUNT A stainless-steel unit with exposed ductwork plays well with the commercial-kitchen look, but there are options in a variety of shapes and materials to suit any style. Shown: Frigidaire 36-inch Gallery Premier Wall-Mount Hood, $1,149; frigidaire.com for dealers.

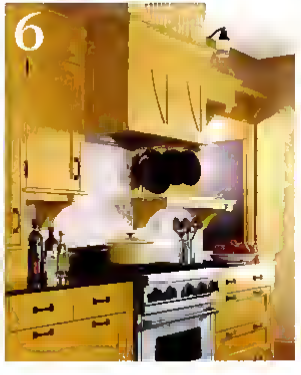
3> CEILING-MOUNT CHIMNEY Usually hung above an island, it can be pricey because it's finished on all sides. Be aware: Since these units tend to be more powerful, some with internal blowers can be very noisy. Similar to shown: Wolf 36-inch Pro Island Hood, $2,990; subzero-wolf.com for showrooms.

4> DOWNDRAFT This slim vent retracts behind the cooktop into the cabinet below. This type tends to be less effective since it pulls rising smoke down, though some climb to 14 inches for better capture. Not recommended for high-BTU cooktops. Shown: GE Monogram 36-inch Telescopic Downdraft, $1,399; monogram.com for showrooms.

5> PERIMETRIC This wall-hung type pulls in smoke through vents around its edges instead of the center, like a traditional hood. It's ideal for those who want more headroom, but it isn't powerful enough to handle a 90,000-plus BTU range. Shown: Jenn-Air 32-inch Glass Collection Perimetric Hood, $1,999; jennair.com for showrooms.



6> INSERT The guts of the hood—a power pack and a liner—can be hidden inside cabinetry or a custom built hood. Similar to shown: Best PIK33 power pack, $1,350, and liner L3336S, $224; bestrangehoods.com for dealers.



EXTRA! EXTRA!

A few features that may (or may not) be worth your money

A built-in shelf and rails hold spices and utensils. Shown: IKEA Dätid hood, $679; ikea.com for stores.

> **Multiple fan speeds** You really need only HIGH and LOW settings. If you've got all the burners cranked up, you'll need more ventilation. But a low speed should suffice when using just one or two pans over medium heat.

> **Heat sensors** By sensing temperature changes, some units will turn on the fan automatically or adjust to the appropriate speed.

> **Remote control** This can be useful for hard-to-reach island hoods or for times when you're (briefly) away from the stove.

> **Exhaust timers** After a certain period of time, typically 10 minutes, this feature shuts off the blower automatically—handy if you want to leave the fan running to take care of lingering odors.

> **Built-in storage** Short on cabinet and counter space? Look for a hood with rails around the front and sides for hanging small pans and utensils. Certain designs also create a shallow shelf at the edge of the hood.

THE 411 ON FILTER TYPES

Here's how the three most common grease-trapping methods work

> **Metal mesh** The hood's blower pulls smoke and vapors through several layers of aluminum or stainless-steel mesh, catching the grease. These removable filters should be cleaned regularly—most can be popped into the dishwasher—to prevent clogs that can slow airflow.

> **Baffles** More common on high-cfm commercial-style units, these slat-style metal filters force the smoke to change direction several times, causing grease droplets to separate from the air and drip down into a tray that can be taken out for cleaning.

> **Centrifugal traps** In place of a filter, centrifugal force within the blower liquefies grease, which is collected in a tray or a cup that's removable for cleaning. With no filters to slow the airflow, these hoods require fewer cfm than those with baffles or mesh to do the same job, often with less noise.

Sound solutions

Worried that a powerful vent hood's overly loud whir will make it impossible to carry on a conversation while you cook? Although most blowers are in the hood, they can also be placed in different locations to help reduce the noise. You just need to specify where you want it before you order the hood.

In-line blowers are located in the ductwork in the wall or between the ceiling joists. But while the fan noise may be less noticeable, you still might hear the duct vibrating.

A better option is a remote or external blower, where the fan is placed on the roof or exterior wall with the exhaust vent. Placing the blower outside can also free up cabinet space.

Duct it right

When it comes to ductwork, it's a numbers game.

> Choose ducting that's the same size as or slightly larger than the vent opening. The more powerful the hood, the larger the duct. For instance, a typical 400-cfm unit requires a 6-inch duct, while a 1,200-cfm model needs a 10- to 12-inch duct.

> For the best airflow, use smooth galvanized metal ducting rather than flexible or corrugated ducting. Seal joints with duct-joint mastic tape.

> Keep duct runs as straight and short as possible. Use gradual 45-degree turns rather than 90-degree ones. The fewer the turns, the more efficient the system will be.

A style for every kitchen

Not a fan of stainless steel? Try one of these handsome custom looks that will suit a variety of homes

1> TRADITIONAL MANTEL
Building a custom wood mantel allows you to recess a hood insert above the stove, making it nearly invisible. The mantel can be as simple or as ornate as you want, either blending with your cabinetry or becoming an eye-catching focal point. This white-painted version with vertical planks subtly frames a showstopping cherry-red stove and creates a display shelf. Similar to shown: Air Pro unfinished 60-inch red oak detachable-front mantel hood, $1,574, kitchensource.com

2> LUXE METALWORK
A swath of copper warms up stainless appliances. Paired with distressed painted cabinets, this sculptural, ball-shaped hood adds even more old-world charm. Similar to shown: RangeCraft Miami copper hood, $8,500; rangecraft.com

3> WARM MODERN LOOK
Another option for a totally seamless appearance. Have your cabinetmaker create a coordinating custom hood and fit it with an insert. Pairing the wood grain with a band of stone mosaic tile trim—running horizontally, not vertically as it does on the backsplash—gives this kitchen sleek, earthy appeal. Shown: Wolf Pro Hood Liner, starting at $1,075; subzero-wolf.com for showrooms

4> COTTAGE CHARACTER
A matching hood tops off this vintage stove. With a white finish and chrome straps and accents, it works perfectly with the circa 1930s Magic Chef range. Shown: Modern Aura customized PS-28 hood, starting at $3,195; modernaire.com

PHOTOS: (1) JANIS NICOLAY; (2) COURTESY OF VANCOR; (4) NATHAN KIRKMAN; ILLUSTRATIONS (OPPOSITE PAGE): JASON SCHNEIDER

FOR MORE INFORMATION, SEE DIRECTORY, PAGE 114

A GROUNDBREAKER'S GUIDE TO BREAKING NEW GROUND ★ No. 1
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53 tips, tricks, and answers to your home improvement questions

Q **Is it okay to use rusty saw blades?**

—SUMA DUTTA, ANN ARBOR, MICH.

A Unless the metal is severely pitted, superficial rust won't make a blade unsafe. And it shouldn't affect the cutting performance of a blade with carbide teeth, because carbide doesn't rust. But an all-steel blade with rusty teeth is probably not worth saving.

If you want to get rid of light rust, scrub it off with WD-40 and an abrasive pad. To keep it from coming back, wipe the blade clean and spray it with BladeCote (bostikdiy.com); it contains no silicone or petroleum that might stain wood or interfere with glue and finishes.

—NORM ABRAM, TOH MASTER CARPENTER

PHOTOGRAPH BY MARCUS AVSAR

Our cast of veteran experts

TOM SILVA
General Contractor

NORM ABRAM
Master Carpenter

RICHARD TRETHEWEY
Plumbing and Heating Expert

ROGER COOK
Landscape Contractor

KEVIN O'CONNOR
Host

One of the doors in my kitchen cabinets has a cracked frame. Is there any way to fix it?

—JAMES SHUGRUE STRATFORD, CONN.

NORM ABRAM REPLIES. It's not uncommon for rails and stiles on cabinet doors to be damaged, especially on inset doors that have been opened too far. Fortunately, in most cases, they can be repaired with careful gluing.

Start by gently prying open the split with a putty knife, and use a toothpick or a paper clip to apply a thin coat of carpenter's glue to the exposed wood on both sides. Don't get glue on the door panel or in the groove that holds it—if the panel can't move freely with changes in humidity, it, too, will crack.

Cinch the split halves together with painter's tape and wipe off any glue that squeezes out. Use a couple of clamps and a block of wood to hold the split flat while the glue sets. But before you clamp the block over the repair, as I'm doing at left, cover the glued area with a piece of waxed paper or plastic wrap to keep glue off the block. Let the glue dry overnight, then remove the clamps, the block, the wrap, and the tape. If necessary, sand any dried glue off the cabinet surface.

After gluing the broken stile, Norm uses painter's tape, a pair of clamps, and a block of wood to hold everything in place until the glue sets.

PHOTOS: (WHAT IS IT?) WENDELL T. WEBBER. (OPPOSITE PAGE) ANTHONY TIEULIE (6)

Abandoned oil tank

We'd like to remove the unused, and mostly empty, oil tank in our basement and reclaim all the space it's taking up. What's the best way to get rid of it?

—STEVEN HOOD, PAWTUCKET, R.I.

RICHARD TRETHEWEY REPLIES. Abandoned oil tanks not only bog space, they're also a spill waiting to happen. That's because water condenses and slowly accumulates on top of any residual oil, eventually causing the tank wall to rust through from the inside. If the oil leaks out, cleanup is messy and expensive.

Removing a tank is absolutely not a job for a homeowner. You should hire a pro who will completely drain, thoroughly clean, and safely remove the tank from your basement—and then dispose of it and any residue in compliance with local environmental regulations. You'll also need to have the tank's vent and fill pipes removed, which will leave holes in the foundation that'll need to be patched. I would contact a local fuel-oil supplier for the names of companies that specialize in this kind of work.

What is it?

A. Railing clamp

B. Thorn trimmer

C. Hose splicer

D. Rope gripper

FOR THE ANSWER SEE PAGE 110

Removing brick stains

How can we get rid of the stains below the windows in our 1795 brick farmhouse? We're worried about harming the brick.

—DOUG AND MARJ MERTZ
MEREDITH, N.H.

KEVIN O'CONNOR REPLIES. According to Chip Clark, an architect and professional engineer at the Brick Industries Association, the stains look like paint pigments that have washed onto the brickwork over the years. For this light stain, scrubbing it with a concentrated cleaner like trisodium phosphate (TSP) or a TSP substitute should be sufficient.

Pigment-laden runoff has stained the old porous brick below these windows. A thorough soaking and a gentle cleaning of the brick may be all that's needed to get rid of the stain.

Wait for a time when there's no chance of frost, then spray the stained area and the area below it with plenty of clean water until the brick is saturated. This step is very important, says Clark, because any dissolved paint that soaks back into the brick during the cleaning phase will be difficult or impossible to remove. Do not use a pressure washer; it can damage old brick and mortar. Also, wet down any plantings that might be exposed to the cleaner.

Before the brick or the foliage dries, put on goggles and rubber gloves and dissolve 2 pounds of TSP or TSP substitute into a gallon of hot water. Sponge the mix onto the stains, working from the bottom up. Let it sit for a few minutes, then scrub with a stiff natural- or plastic-bristle brush. (A wire brush would be way too hard on these old materials.) If there's a paint buildup that the brush can't remove, try scraping it off with a piece of wood. When you're done brushing and scraping, flush the area with more water.

Clark says you won't be able to get a clear sense of how successful you've been until the brick is dry, in about a week. But if the stains haven't gone away, he says, you may need to go back over the area with a paint stripper, such as Enviro Klean SafStrip8 (prosoco.com).

Hurricane prep for plants

Superstorm Sandy flooded us with 4½ feet of salt water, killing my lawn and many old shrubs. Is there anything I can do to protect my landscape next time?

—NANCY KOWALSKY
LONG BRANCH, N.J.

ROGER COOK REPLIES. With all the horrendous damage that Sandy caused last year, little has been said about the harm that the storm surge inflicted on lawns, gardens, trees, and shrubs. Salt is a potent poison to most plants, disrupting their ability to absorb water. Fortunately, a few simple steps before and after a saltwater flood will help limit your losses.

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THE HOME DEPOT PROJECT OF THE WEEK

More saving. More doing.

HOW TO **REFINISH WOOD FLOORS**

Are your oak floors scratched up from everyday wear and tear? If the scratches are not deeply embedded in the wood, you can make your floors look as good as new in just a few hours with the help of a buffer.

The process is easier and less expensive than sanding down to the bare wood and takes a lot less time. All you need is a buffer from your local home center, some 180-grit sandpaper, a vacuum to suck up dust, and two coats of water-based polyurethane. For a smooth finish, allow three hours of drying time between coats.

You'll find all the tools and supplies necessary for this—and any—home project at The Home Depot nearest you.

For easy how-to instructions and a list of the tools and materials you'll need, go to thisoldhouse.com/project

What is it?
Rose-thorn stripper
This device clamps over the stem and with one pull quickly and cleanly trims off thorns and leaves. No more getting stabbed while arranging bouquets. $12; wildflower seed.com

In advance of the storm, saturate the plants' root systems with fresh water to limit their salt uptake. As soon as the storm surge has passed, apply gypsum, then irrigate with lots more water to dilute and flush away the salty residue. The calcium in gypsum displaces the sodium in salt without changing the soil's pH. Also, give your foliage a good rinse. With any luck, your lawn and shrubs will bounce back from their dunking with little difficulty.

Rotten deck boards

Many boards on my old redwood deck are showing signs of rot at their ends, where they lend on the joists. Is there a way to repair the damage without replacing all the decking?

—T.J. THOMAS, CINCINNATI

TOM SILVA REPLIES: Redwood is durable, but any wood can deteriorate if the conditions are right for rot to take hold. Rot often shows up first at the ends of boards because the exposed end grain sucks up and holds water. And because the end of every board sits on a joist, they take even longer to dry out since water doesn't drain as freely.

I suspect that your deck has reached the age where the best approach would be to replace all the decking. But if you're determined to save what you've got, here's what you need to do.

First, make sure you can get replacement boards that match the thickness and width of the old ones. This may not be as easy as it sounds. Once you've obtained your stock, cut off the old boards' rotted ends using a trim saw—a type of small-bladed circular saw. Make a plunge cut along the midline of a joist that's at least two joists from the one where the rotted end lands. That way, the new deck board will span at least three joists.

You won't be able to cut through each board with the trim saw without nicking the adjacent boards. So, where the saw's round saw blade can't reach, finish the cut with a sharp chisel or an oscillating multi-tool. Then pry up the old board and cut a new one to fit in its place.

Before you fasten it down, coat the board's exposed ends, as well as the cut end of the abutting deck board, with a finish such as Flood OneCoat (flood.com) or Cabot's Preservative Wood Finish (cabotstain.com). This will go a long way toward keeping rot at bay.

One more thing: If you have several adjacent boards to replace, stagger the ends of the replacements so that they don't all land in a row on the same joist, which would make the patch stand out in a bad way.

PHOTO: WENDELL T. WEBBER

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Oxmoor House

Swayback ridge

We own a 1720 saltbox, and our roof ridge sags very noticeably. Can we stop it from getting any worse?
—BILL CINK, BERLIN, CONN.

TOM SILVA REPLIES: Yes, you can—and you should. A swayback ridge may be an indication of bigger problems that need addressing. Get a reputable, licensed contractor or structural engineer to determine what's causing the sag and propose how to correct it or stabilize it.

If the framing isn't seriously compromised, you may be able to stop any further sagging yourself by bracing the ridge with a row of 2x6s, called kickers. For this to work, you need an open attic with rafters and joists, and a load-bearing wall on the story below. (Load-bearing walls typically run parallel to the ridge under the location where the ceiling joists overlap each other.)

First, fasten a 2x6 sill plate across the top of the ceiling joists, directly over the load-bearing wall. Then cut some kickers to fit between the plate and the ridge like studs in a wall. Position each 2x6 over a joist, and toenail the lower end to the plate and the upper end to the ridge. With this assembly, the existing sag will remain, but it won't drop any more.

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QUESTION OF THE MONTH

What sort of lawn prep should I do before winter to get a jump start on next year's growing season? —DAVE KROCAK, ST. LOUIS PARK, MINN.

ROGER COOK REPLIES: With summer's heat and dryness at an end, September is the best month to lay the groundwork for next year's lush lawn. That means aerating the turf—to reduce compaction and make it easier for fertilizer and water to reach the roots—and reinvigorating thin areas with compost and seed.

Before you start, get a soil test so that you know the type and amount of amendments to add. (Repeat the test in three to five years.) Then follow the steps at right. Just remember: When aerating, fertilizing, or seeding, always go over the turf twice, with criss-crossing paths. You don't want stripes in your revitalized lawn.

Roger Cook uses a lightweight rotary spreader to broadcast fertilizer, lime, and grass seed.

COST A core aerator rents for $65 an hour. Fertilizer, lime, and seed are about $65 per 5,000 square feet. Compost is about $25 per cubic yard.
TIME 6 hours for each 5,000 square feet
DIFFICULTY Moderate

PHOTOS: FARIDA ELHEFF

1] Mow low. Cut the grass down to 1 to 1½ inches, making it easier to aerate and to judge how much compost to add. If your grass is more than 3 inches tall, take it down incrementally over a few mowings—no more than a third of the grass blade at a time—to avoid stressing the plants.

2] Aerate. On a day when the soil is moist, not soggy—the core aerator's hollow tines can't easily penetrate hard, dry ground—take a couple of passes around the lawn's perimeter. This will provide a buffer zone for turning this heavy machine around as you run it back and forth over the rest of the lawn.

3] Top-dress. Where grass is sparse, prepare for seeding by spreading a half inch layer of aged compost. I hold a snow shovelful in the crook of my arm, filing it off with my free hand, as shown, then work it in with a leaf rake. Be sure your compost is cured, dry, crumbly, and cool to the touch. If it's hot and smells, it's more likely to harbor pathogens and burn your lawn.

4] Fertilize. Distribute fertilizer and pelletized lime (if needed) using a rotary spreader. I use a high-phosphorus fertilizer to stimulate root growth, but you should let the soil test determine the best mix for your conditions. To keep the spreader from dumping too much fertilizer in one spot, open or close the hopper only when the spreader is in motion.

5] Overseed. Fill the spreader with seed, set its control to about two-thirds of the bag's recommendation to account for overlapping passes, and distribute the seed over the compost. As when fertilizing, keep the spreader in motion when opening or closing the hopper. For large areas, you can save time by renting a power overseeder, which slices the turf and drops in the seeds. It eliminates the need to rake in Step 6.

6] Rake and water. Mix the seeds into the compost with a leaf rake, held tines up, as shown. Water lightly—5 minutes at a time, two to three times a day—until the seeds sprout. Then water once a day for 15 to 30 minutes. Mow the lawn again when the existing grass reaches 3 inches; bag the clippings. After leaves have fallen, cut the grass back to 1½ inches for its long winter's nap.

Directory

SEPTEMBER 2013

COVER *See listing for "12 Color Combos That Really Cook."*

HOME SOLUTIONS *(pp. 17–26)* A welcoming foyer for $624: **Homeowner's blog:** Angie's Roost: angiesroost.com. Bath chandelier: doi and don'ts: *Thanks to* Scott Caron, caronelectric.com. Decoding the new paints: *Thanks to* Steve Revnew, sherwin-williams.com. Carl Minchew, benjaminmoore.com. Aimee Desrosiers, bahr.com. Lon Manfredini, acehardware.com.

BEFORE + AFTER KITCHEN Lots more function—and charm *(pp. 31–34)* **Designer:** Dane Jones, The Kitchen Consultant, Long Beach, CA; kitchenadvice.com. **General contractor:** E-Dan Construction, Orange, CA; 714-636-1988. **Cabinets:** wrightcabinetry.com. **Flooring:** Lou's Floor Covering; lousfloor.com. **Countertops and pot-filler station liner:** soapstoneintl.com. **Tile:** sonomatilemakers.com. **Pulls and knobs:** restorationhardware.com. **Pendant lights:** rejuvenation.com (island) and hndsonvalleylighting.com (sink). **Range and refrigerator:** kitchenaid.com. **Sink and faucet:** rohlhome.com. **Dog bowls:** bauerpottery.com. **Stools:** potterybarn.com. **Refrigerator handles:** amerock.com.

SALVAGE STYLE Old shutters adorn windows and more *(pp. 61–63)* *Thanks to* David Heffernan, www.hobokenhothouse.com.

PHOTOSHOP REDO Paint makeover for a bungalow *(pp. 65–66)* *Thanks to* Amy Wax, Your Color Source Studios, Montclair, NJ; 973-509-2304; yourcolorsource.com.

WEEKEND REMODEL. Build a butcher-block island *(pp. 69–75)* **Designer-builder:** Christopher Beidel, Pernl, Brooklyn, NY; pernlstudio.com.

12 COLOR COMBOS THAT REALLY COOK *(pp. 78–85)* **Sea + Sky:** Stuart Disston, apdarchitects.com. Sherrill Canel, sherrillcanet.com. **Barn Red + Sage Green:** Carlie Kennek, arizonadesigns.net. **Leaf Green + White:** Gideon Mendelson, mendelsongranpinc.com. **Bold Blue + Soft Blue.** Adolfo Perez, adolfoperez.com. **Bright Red + Midnight Black.** kraftmaid.com. **Cool Gray + Hot Orange:** Andra Birkerts, andrabdesign.com. **Deep Aqua + White:** Kelly LaPlante, kellylaplante.com. **Pale Gray + Greenish Blue:** Liz Cain, lizcain.com. **Flame Red + Soft Yellow:** Liz Mitchell, 781-631-2280. **Cornflower + Yellow:** morseconstructions.com. **Jadeite + Buttermilk.** John Tittmann, Albert, Righter & Tittmann Architects, Inc., alrlti.com.

COLORFUL STORY *(pp. 92–99)* Living room. **Window treatments:** Vignette Modern Roman Shades in 4-inch fold size, in Sheer Linen fabric and Pompadour (Q2-403), hunterdouglas.com. **Lamp:** Surveyor Floor Lamp, circalighting.com. **Rug:** dolmerugs.com. **Coral pillow:** thomaspaul.com. **Chair:** ABC Carpet & Home, abchome.com. **Pottery and coffee table.** Urban Nesters, Hoboken, NJ; 201-942-5333; nrbannesters.com/blog. **Foyer/Runner:** abchome.com. **Bench:** tribalhome.com. **Dining room: Table:** vermontfarmtable.com. **Candlesticks:** (discontinued) rejuvenation.com. **Kitchen: Cabinets:** Robert Wilson Furniture Design, Union City, NJ; 201-638-3380. **Bar stools.** barnlightelectric.com. **Backsplash tile.** artistictile.com. **Range:** snbzero wolf.com. **TV room. Sectional:** Mitchell Gold + Bob Williams, mgbwhome.com. **Ottoman:** dashandalbert.com. **Wall light.** George Nelson Bubble Lamps. Design Within Reach, dwr.com. **Window treatments.** Vignette Modern Roman Shades In 4-inch fold size in Newport Linen fabric and Cape Cod (J47-621), hunterdouglas.com. **Venetian plaster painting:** By Zac Gross, Urban Nesters, 201-942-9333. **Office: Window treatments:** Duette Architella honeycomb shades in Elan fabric in Journal color and ¾-inch pleat size (#C22-457), hunterdouglas.com. **Art on mantel and desk:** The Frayed Knot, Hoboken, NJ; frayedknotonline.com. **Library: Ladder:** csherdware.com. **Powder room. Tile:** Erin Adams for Ann Sacks, annsacks.com. **Kid's room. Stylist:** Amy R. Hughes, Maplewood, NJ; 201-921-5112. **Rug:** abchome.com. **Pendant:** flos.com. **Vintage dresser:** furnishgreen.com. **Upholstered glider:** jaggle.com. **Yoga pillows:** Carolina Morning, zafn.net. **Master bedroom. Dresser, bedside tables, and headboard:** Urban Nesters, 201-942-9333. **Brown duvet:** blissliving home.com. **Coral blanket:** Nomad Coverlet; westelm.com. **Rug:** abchome.com. **Bedside lamps:** George Nelson Bubble Lamps; dwr.com.

ALL ABOUT VENT HOODS *(pp. 100–105)* *Thanks to* John Fox, Home Ventilating Institute, 855-484-8368, hvi.org.

SAVE THIS OLD HOUSE *(p. 122)* *Thanks to* Nathan Freeman, City of Riverside, Riverside, CA; riversideca.gov.

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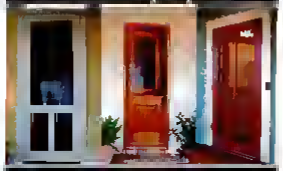

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THE HISTORY Several decades after the California gold rush, William McIntyre hit a different kind of pay dirt when he planted some of the nation's earliest navel orange trees in his groves in Riverside. The variety took off, and the fruit's popularity helped the city become the wealthiest in the state, with McIntyre counted among its most affluent residents. In 1892, he and his wife, Emma, used part of their fortune to construct this 3,793-square-foot showpiece, where they raised their three children. The family lived in the home until 1924, after which it changed hands many times until it was purchased by the city in 2007. Now it must be moved to make way for a new dormitory for a nearby college.

WHY SAVE IT? McIntyre outfitted the interior with lots of lavish features, including a mahogany staircase as well as mantels carved from maple and oak. The exterior, a mix of Queen Anne and Stick styles, has intricate spindlework and decorative clapboard and fish-scale siding.

WHAT IT NEEDS The house's systems are in working order, and the baths have even had some updates in recent years. Riverside still has a fair number of citrus groves, but the local economy also benefits from its close proximity to Los Angeles, 60 miles to the west. Small lots in the area start at only $25,000, or you could splurge on an orange grove of your own—there's one available just a few miles away.

—PAUL HOPE

1] The exterior of the five-bedroom, 2½-bath house has decorative corbels, scalloped shingles, and an elaborate two-tiered porch. 2] The mahogany staircase retains its original newel post and carved balustrades. Plywood covers several broken windows throughout the house. 3] Lincrusta paneling and detailed chair-rail molding line the walls on much of the first floor. 4] This ornate maple mantelpiece stands nearly 7 feet tall.

PHOTOS: NATHAN FREEMAN

MORE PICTURES OF THIS HOUSE! For additional photos, use a tablet or smartphone to scan this page with the Blippar app, or go to **thisoldhouse.com/sep2013**

FOR MORE INFORMATION, SEE DIRECTORY, PAGE 114

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